

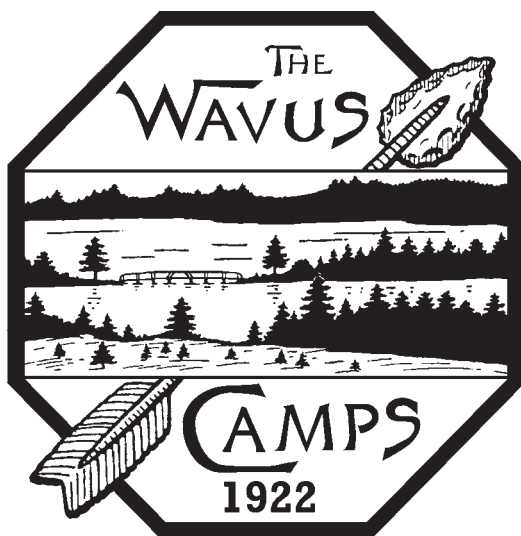
The  
Marius  
Annual

2018

# The Wavus Annual

## 2018

Published by and for the  
Staff and Campers of Wavus



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## Wavus Annual Dedication – 2018



### Laura Kaplan

There is a generosity of spirit in Laura Kaplan that makes itself known each day at Wavus. People who visit our magical place on the Point are treated to a bit of her elegance and vision when they set eyes on the beautiful new Aviary for which she was a creative partner and early champion. Campers and counselors can also catch a reflection of Laura's disposition in the Radiance and Industry of her daughter, our longtime Wavus staff member, Sarah Kaplan.

As a KW Trustee, KW parent, Kieve alum daughter, and Wavus mother-in-law, Laura's spirit plays an ongoing supporting role within our community. Laura's compassionate soul is present in the way she welcomes people like Kate Wise Kaplan into her family. These bonds are deep and true; therefore, Wavus and Kieve are blessed to have this community builder in our midst.

Laura's daughter Sarah, having spent 13 years within our Wavus community, shared these thoughts regarding her mother: "Every community my mom interacts with is blessed by her commitment to leave a better place than she found it. She does so in a reserved manner -- always listening to others first and then acting decisively. Her loyalty to Kieve-Wavus, as well as her compassion and respect for all individuals, is the gold standard for our entire community to follow. Thank you to mom for sharing the values of Kieve-Wavus, not just with our family, but with everyone you meet."

We are blessed to share this magical place, Wavus Camp for Girls, with Laura Kaplan – champion, cheerleader, friend.



## THE RAYS OF THE TOTEM

We open the Council Fire with these words as a whole camp

“These are the rays of the totem that burn and gleam bright on our pathway. These are the symbols we cherish, and through the far years will remember.”

High aspiration is pictured by the **arrowhead**, pointing straight upward. Higher and higher we're climbing, each knowing deep joy in fulfillment

Bravery the **Indian** speaks of courage to do what needs doing. When the right needs defending, be brave, have the courage and grit to defend it.

Industry we have endeavored to signify by the brown **beaver**. What good are ideals and ideas without the stern purpose of working?

Patience the **heron** must practice while waiting for fish for his dinner. Full many a task is accomplished if self control rules our emotions.

Love, said the Master, is the greatest, and we too would follow the Master. We too would **love** friend and foe and help all with deep understanding

Knowledge is power to master the problems and choices of living. Not only the knowledge of **books**, but the lessons experience teaches.

The **spider** calls us to be steadfast. He'll weave his web over and over. We too must be willing to try, and try again, times without number.

Forget-me-not **flower** speaks to remind us to be loyal in thought, word, and action. To the highest and best that is in us, to the ideals carved on the totem.

Truth by the **grail** is depicted; to be trusted is value unmeasured. So bear thyself daily that none need ever doubt aught that thou doest.

The glow of the **fire** casts its radiance of cheer into dreary places. So a smile or a laugh lightens a heart that perhaps without you would be heavy.

Often the problems that face us are more than one person can handle. But when two or more work together, a defeat is transformed into triumph. (**rowboat**)

Humility bids that we all look to the Master of all for our guidance. He, like the **wheel** of a ship, will charter the course we must follow.

The **turtle** reminds us of the responsibility we all have as stewards of the environment. We cherish and care for our natural surroundings.

The rays of the totem have served as symbols to aspire to and live by at Wavus. They are represented on our totem in the Council Fire Circle. Counselors are asked to select a ray for each girl in their cabin. The ray is chosen based on what ray the camper demonstrated, or a ray to which the counselor would like to see her aspire (knowing that she can). These rays are presented either on the last evening or on the last day of the session.

**This has been a long standing tradition with the first Girls Camp  
(Wawanock) at Wavus that we continue to honor in  
*Keeping The Spirit Alive!***



## **The History of Wavus**

Begun in the summer of 1922 with just four girls and a staff of six, the Wavus Camps flourished and, at its peak in the 1960s, was a two hundred camper brother/sister camp, called Damariscotta Camp (for boys) and Camp Wawanock (for girls). Founded and run by “Chief” and Emma Andrews for 30 years, Wavus thrived under the leadership of Harold and Shirley Westerman for another 24 years. Generations of boys and girls learned self-reliance and sportsmanship, as well as the many skills required for wilderness camping.

Unfortunately, the Wavus Camps closed after the 1976 season due to several reasons, including the Westermans’ wish to retire and the overall slowdown of the camping industry during the 1970s. The property was sold to a private owner and left dormant for sixteen years. Our own Scotty Henry was the Wavus groundskeeper from 1988 - 1992. Scotty lived at Owls Nest from September 15, 1989 - January 14th 1990 ... Last lake bath was January 12th!

When the property was offered for sale in 1992, former campers and a team of local environmentalists banded together to preserve the land intact. This group became The Wavus Foundation and staged a successful one million dollar campaign to purchase the ninety-five acres with the goal of reestablishing summer camping, and ultimately a year-round learning center. The Wavus Spirit was rekindled in 1995 with the establishment of a day camp and two teen programs called the Pioneers and Theater in the Pines. Traditions were restored, camp songs passed along and once again the sounds of boys and girls at play were heard in the pines.

In 2004, facing the hard realities of a start-up business, a task force was created by the Wavus Foundation Board to assess the future of the organization. This led to discussions with Camp Kieve and ultimately to the July 2005 merger of the two great camps. The two boards of directors joined to create Kieve-Wavus Education, Inc. The summer of 2006 brought new life to Wavus as it opened its next chapter as Wavus Camp for Girls.

One of the common graces said at meals at Kieve-Wavus asks God to “make us ever mindful of the needs and feelings of others”, and the program, both in camp and on the trips, is designed to achieve that goal.

The underlying philosophy has always been that a minimum of rules, balanced by a large number of understanding counselors and a program of emphasizing free choice while de-emphasizing keen competition between individuals gives us the best chance for success. Our fundamental rule is that everyone has the right to be treated with kindness and respect.

### **THE WAVUS PRAYER (Before each meal)**

Bless this food before us  
And my friends gathered round  
I am grateful for the roof above my head  
And the floor beneath my feet  
Rub-a-dub-dub  
Thanks for the grub  
Let’s eat!



## Wavus Song

We spend our days at Wavus  
In friendship and in peace  
We strive to reach new places  
We're free to learn and grow

We the girls of Wavus  
Are committed to  
Courage and Kindness  
To all old friends and new

We the women of Wavus  
Are committed to  
Respect, responsibility  
In all that we do.

**WAVUS CAMP FOR GIRLS – DIRECTORS & ASSISTANT DIRECTORS**  
**HENRY R. KENNEDY**, Executive Director 1990-18, Kieve Camp Council 1973-1980, Kieve Camper 1967-1972; B.A. Colby College; Nobleboro, ME; Winter: Cumberland, ME

**KIRSTIE A. TRULUCK**, Director 2015-18, Kieve-Wavus Advisory Board 2013-14, Masters of Education, University of Southern Maine; Bath, ME

**KAITLYN “KATE” ADAIR**, Wavus Camp Program Director 2015-18; Wavus Asst. Director Wilderness Tripping 2014; Wavus Asst. to Tripping 2012-13; Wavus Council 2010-11; Gettysburg College; Owings Mills, MD

**COURTNEY “COURTS” BLISS**, Wavus Asst. Director CIT Program 2017-18; Wavus Council 2014-16; Wavus 2006-12; KW West 2013; St. Lawrence University; Greenwich, CT

**GRETA BROWN**, Wavus Asst. Director Wilderness Tripping 2018; KW West 2012; Wavus 2008-10; Wavus Alumni 2002-04; Wavus Council 2013-17; University of Maine at Orono; Belfast, ME

**SAMANTHA “SAM” COPLAND**, Wavus Asst. Director of Challenge Course 2015-18; Wavus Asst. Director CIT Program 2016; Leadership School Educator 2014-18; Bowdoin College; Nobleboro, ME

**SKYLER “SKY” J. DUNFEY**, Wavus Asst. Director Wilderness Tripping 2018; Wavus Council 2012-13 & 2016-17; Leadership School Educator 2015-16; Wheaton College; Mayer, AZ

**LAUREN GEDDES**, Wavus Asst. Director Wilderness Tripping 2017-18; Wavus Council 2009, 2011, 2013-15; Wavus 2006-2008; Teesside University; Hertfordshire, United Kingdom

**LEE GIBERSON**, Director of Kieve-Wavus Dining Services 2018; Kieve Dining Service 2001-2018; Jefferson, ME

**SCOTT HENRY**, Wavus Maintenance Director 2006-18; Kieve Maintenance 1997-2005; Jefferson, ME

**JENNIFER “JEN” HUTZ**, Waterfront Director 2016-18; Wavus Council 2015-16; Temple University; Philadelphia, PA

**SARAH R. KAPLAN**, Wavus Asst. Director Wilderness Tripping 2018; KW West 2012; Wavus 2006-11; Wavus Council 2014-17; Washington University in St. Louis; Katonah, NY

**HANNAH LOVEJOY**, Wavus Wilderness Tripping Director 2018; Wavus Asst. Director Wilderness Tripping 2014-16; Wavus Council 2013; Leadership School 2012-16; Seattle, WA

**LELAND “LINDY” T. PERRY**, Asst. Director Junior Wavus Program 2018; KW West 2012; Wavus 2006-11; Wavus Council 2013-17; Furman University, SC; Greenville, SC

#### **ADDITIONAL STAFF**

**SARAH ADELBERG**, Wavus Infirmary Asst. Director 2015-18; Leadership School Administrator 2015-16; University of Maine; Readfield, ME

**SALLY ALLEN**, Wavus Wilderness Tripping 2018; Whitefield, ME

**TERRY ARKIN**, Wavus Nature Instructor 2018; Nobleboro, ME

**JOY BENGTON GIFFEN**, Kieve-Wavus Exec. Admin. Asst. 2016-18; Pittston, ME

**DAVE BERNDTSON**, Kieve Council 2015-16; Leadership School Educator 2015-16; Wavus Council 2018; Seattle, WA  
**JAMES BURK**, Wavus Maintenance 2013-18; Somerville, ME  
**BILL CHAPMAN**, Kieve-Wavus Captain Snowgoose III 2009-18; Waldoboro, ME  
**TERI GILMAN**, Wavus Wilderness Tripping 2016-18; Whitefield, ME  
**BILL FLOOD**, Wavus Pottery 2018; Woolwich, ME  
**MARGE GREENLEAF**, Kieve-Wavus Administrative Assistant 2014-18; Jefferson, ME  
**JOHN HENRY**, Wavus Maintenance Staff 2018; Jefferson, ME  
**MEGHAN KENNEDY**, Kieve-Wavus Deckhand Snowgoose III 2013-18; Waldoboro, ME  
**SARAH KENNEDY**, Wavus Gardener 2018; Newcastle, ME  
**ELLIE MATHEWS**, Wavus Challenge Course 2018; Lincoln Academy; Newcastle, ME  
**SUSAN "SUSY" PERRINE**, Wavus Arts & Crafts Instructor 2016-18; Wavus Girls Lead Program Staff 2015-16; Woolwich, ME  
**MORGAN PERRY**, Wavus Camper Connection 2014 & 2018; Kieve-Wavus Staff 2012-13, Kieve Staff 2011; Damariscotta, ME  
**ANNIE RICHARDSON**, Kieve-Wavus Staff 2017-18; Wavus Fitness Instructor 2017-18; Nobleboro, ME  
**MICHELE SCHEFFLER**, Wavus Support Staff 2017-18; Wavus Alumna 1960-69  
**DREW SCHMID**, Kieve-Wavus Environmental Educator 2017-18; Boothbay, ME  
**JILLIAN SCHREIR**, Wavus Infirmary Asst. Director 2018; Tufts University; Malden, MA  
**JEAN SIBLEY**, Wavus Camp Assistant 2018; Sante Fe, NM  
**SANDRA THELANDER**, Wavus Challenge Course 2018; Lincoln Academy; Bristol, ME  
**LUCY WILLIAMS**, Wavus Challenge Course 2016-18; Wavus Council 2017; Wavus Girls Lead Program Mentor 2015; Lincoln Academy; Bristol, ME  
**MOLLY C. WOOD**, Wilderness Tripping 2018; Wavus 2006-09; Wavus Council 2015-17; St. Lawrence University; Boston, MA

### **WAVUS CAMP FOR GIRLS - COUNCIL**

**ISABEL N. ADLER**, [JC - Allagash III - First Session; JC - Narragansett - Second Session]; Wavus 2012-15; Wavus Council 2018; Dartmouth College; Santa Monica, CA  
**KATHRYN L. ANTONATOS**, [JC - Allagash II - First Session; JC - Omaha - Second Session]; Wavus 2010-16; Wavus Council 2018; Vassar College; Chicago, IL  
**SYDNEY 'SYD' G. BECK**, [HBC - Cherokee - First Session; HBC - Abenaki - Second Session]; Wavus Council 2018; Wheaton College; Bristol, RI  
**MARTHA M. BISHOP**, [HBC - Cayuga - First Session; HBC - Maine Trails II - Second Session]; Wavus 2011-15; Wavus Council 2017-18; Bates College; Hastings-on Hudson, NY  
**AMANDA M. CHADWICK**, [JC - Cayuga - Second Session]; Wavus Council 2017-18; TLS Intern 2017; Grand Canyon University; Conneaut, OH

**SOPHIA A. CRONIN**, [HBC - Ojibway - Second Session]; Wavus CIT 2016; Wavus 2013-14; Wavus Council 2017-18; St. Lawrence University; Middletown, CT

**CAROLINE W. CROSLEY**, [HBC - Cheyenne - First Session; HBC - Wawanock - Second Session]; Wavus Council 2017-18; University of Rhode Island; Trumbull, CT

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**OLIVIA R. DARNELL**, [JC - Cherokee - First Session; JC - Wawanock - Second Session]; Wavus 2011-2013; Wavus Council 2018; Patch High School; Flagler Beach, FL

**CHARLOTTE S. DEL COL**, [HBC - Allagash I - First Session; HBC - Omaha - Second Session]; Wavus 2010-15; Wavus Council 2017-18; Colby College; Wellesley, MA

**GEORGIA M. DETTMANN**, [JC - Abenaki - First Session; JC - Kindness - Intro Session II]; Wavus 2009-16; Wavus Council 2018; Colby College; Baltimore, MD

**SARAH A. DOHLER**, [JC - Cayuga - First Session; JC - Kindness - Intro Session II]; Wavus Council 2018; Bucknell University; Nottingham, MD

**CORDELIA 'CRICKET' N. DOTSON**, [JC - Cheyenne - First Session; JC - Allagash II - Second Session]; Wavus 2008-16; Wavus Council 2018; Williams College; Prides Crossing, MA

**KATHARINE R. DOUGHERTY**, [JC - Abenaki - Second Session]; Wavus 2008-16; Wavus Council 2018; Colby College; Winchester, MA

**ELLA L. ENGEL**, [JC - Ojibway - First Session]; Wavus 2011-16; Wavus Council 2018; Colorado College; St. Louis, MO

**RAVEN W. FERRI**, [JC - Algonquin - First Session]; Wavus Council 2018; Husson University; Waldoboro, ME

**MARGAUX V. FORCIONE**, [JC - Abenaki - First Session; JC - Long Voyage II - Second Session]; Wavus 2008-15; Wavus Council 2018; Wake Forest University; Greenwich, CT

**HANNAH K. FRATER**, [JC - Maine Trails II - First Session; JC - Osage - Second Session]; Wavus 2011-15; Wavus Council 2018; Dartmouth College; New York, NY

**LAURA M. FRIEL**, [JC - Allagash I - First Session]; CIT 2017, Wavus 2012-14; Wavus Council 2017-18; Bowdoin College; Charlottesville, VA

**KALEA R. GALE**, [JC - Omaha - First Session]; Wavus 2008-13, 2015-16; Wavus Council 2018; Grandview Highschool; Aurora, CO

**AUSTIN P. GATCHELL**, [JC - Wawanock - First Session]; Wavus 2010-15; Wavus Council 2018; College of Charleston; Baltimore, MD

**MADISON N. GESNER**, [JC - Abenaki - First Session]; Wavus CIT2 2016; Wavus 2010-15; Wavus Council 2018; Kimball Union Academy; West Newton, MA

**VALERIA 'VAL' Z. GONZALEZ**, [HBC - Courage - Intro Session I; HBC - Cheyenne - Second Session]; Wavus Council 2018; ITESM; Zapopan, Mexico

**CAMERON 'CAM' B. GRIMES**, [JC - Cherokee - First Session; JC - Long Voyage I - Second Session]; Wavus 2010, 2012-15; Wavus Council 2018; Dartmouth College; Cape Elizabeth, ME

**TSIPORA N. HACKER**, [HBC - Long Voyage II - First Session; HBC - Cherokee - Second Session]; Wavus 2008-09, 2011; Wavus Council 2018; Temple University; Philadelphia, PA

**MEGAN A. HARTNETT**, [JC - Allagash I - First Session; JC - Penobscot - Second Session]; Wavus Council 2018; Colby College; Andover, MA

**KIERSTEN 'TIKI' E. HAUB**, [JC - Responsibility - Intro Session I; JC - Respect - Intro Session II]; Wavus 2008-16; Wavus Council 2018; Washingtonville High School; Blooming Grove, NY

**CAROLINE J. HAYWOOD**, [JC - Mohawk - First Session; JC - Algonquin - Second Session]; Wavus 2010-17; Wavus Council 2018; University of Michigan; Franklin Lakes, NJ

**GRACE L. HEFFERNAN**, [JC - Responsibility - Intro Session I; JC - Algonquin - Second Session]; Wavus 2013-14; Wavus Council 2018; The Bryn Mawr School; Lutherville, MD

**ABIGAIL 'ABBY' M. HEHER**, [HBC - Long Voyage II - First Session; HBC - Responsibility - Intro Session II]; Wavus 2008-14; Wavus Council 2016-18; University of Virginia; West Newton, MA

**PERRY CHRISTIAN "CHUNKS" G. HICKS**, [HBC - Abenaki - First Session]; Wavus Council 2016 & 2018; University of North Carolina at Chapel Hill; Greensboro, NC

**KATHRYN "RHYN" C. HINTZ**, [JC - Mohawk - First Session; JC - Osage - Second Session]; Wavus Council 2018; Mississippi State University; Columbus, MS

**BETSY H. HUNT**, [JC - Algonquin - First Session; JC - Cheyenne - Second Session]; Wavus 2011-17; Wavus Council 2018; Plymouth State University; Thorndike, ME

**ELLA JANVIER**, [JC - Mohawk - First Session; JC - Algonquin II - Second Session]; Wavus Council 2018; University of North Carolina - Chapel Hill; Raleigh, NC

**CAROLINE F. JESSUP**, [JC - Penobscot - First Session; HBC - Allagash II - Second Session]; CIT 2016, Wavus 2008-15; Wavus Council 2017-18; Sewanee: University of the South; Tuscaloosa, AL

**KATHERINE P. JESSUP**, [JC - Long Voyage I - First Session; HBC - Respect - Intro Session II]; CIT 2016; Wavus 2008-15; Wavus Council 2017-18; University of Alabama; Tuscaloosa, AL

**JONNA P. KEITH**, [JC - Narragansett - First Session; JC - Mohawk - Second Session]; Wavus Council 2018; Middlebury College; Pittsford, VT

**CYNTHIA A. KELLETT**, [HBC - Narragansett - Second Session]; Wavus 2010-13; Wavus Council 2015-18; Hobart & William Smith Colleges; Radnor, PA

**LANE S. KIZZIAH**, [JC - Cayuga - First Session; JC - Penobscot - Second Session]; Wavus 2009-16; Wavus Council 2018; University of Michigan; Chicago, IL

**JADE "JADE WITH THE BRAIDS" R. KOENIGS**, [HBC - Allagash III - First Session; HBC - Penobscot - Second Session]; Wavus Council 2018; UW Madison; Richfield, WI

**SOPHIA C. LINKAS**, [JC - Osage - First Session; JC - Abenaki - Second Session]; Wavus 2010-15; Wavus Council 2018; Dartmouth College; London, United Kingdom

**ELIZABETH 'LIZZY' MCGRADY**, [JC - Ojibway - First Session; JC - Wawanock - Second Session]; Wavus CIT 2017, Wavus 2010-2011, 2013-16; Wavus Council 2017-18; Bates College; Madison, CT

**ANNE A. MCKEE**, [HBC - Osage - First Session; JC - Maine Trails I - Second Session]; Wavus Council 2018; Bowdoin College; Hallowell, ME

**KATE H. MCKEE**, [JC - Omaha - First Session; JC - Mohawk - Second Session]; Wavus Council 2018; Bowdoin College; Hallowell, ME

**GORETTI A. MIGUELEZ**, [JC - Respect - Intro Session I; JC - Cherokee - Second Session]; Wavus Council 2018; ERAIKEN CIPF; Gipuzkoa, Spain

**GRACE M. NEUMILLER**, [JC - Responsibility - Intro Session II]; Wavus Council 2018; Colby College; Mahtomedi, MN

**ZARA L. NORMAN**, [JC - Ojibway - Second Session]; Wavus 2009-11, 2013, 2015, 2017; Wavus Council 2018; Brown University; Gloucestershire, United Kingdom

**ALISON 'LOBBY' G. OBSTLER**, [HBC - Allagash I - Second Session]; KW West 2014; Wavus 2007-13; Wavus Council 2015-18; Colby College; New York, NY

**CAROLINE E. PETERS**, [JC - Algonquin II - Second Session]; Wavus 2009-15; Wavus Council 2017-18; Rutgers University; Hopewell, NJ

**CHARLOTTE 'BUBBLES' F. PHILLIPS**, [HBC - Omaha - First Session; HBC - Long Voyage II - Second Session]; Wavus 2008-14; Wavus Council 2016-18; Georgetown University; New York, NY

**ELIZA C. POHLE**, [JC - Courage - Intro Session I; JC - Long Voyage I - Second Session]; Wavus Council 2018; New Canaan High School; New Canaan, CT

**JESSICA 'JESS' RICHTER**, [HBC - Penobscot - First Session; HBC - Long Voyage II - Second Session]; TLS Educator 2015-18; Wavus Council 2016-18; McGill University; Atlanta, GA

**LUCY E. RICKERICH**, [JC - Penobscot - First Session; JC - Allagash I - Second Session]; Wavus 2011-16; Wavus Council 2018; Stanford University; York, ME

**AISHA I. RICKFORD**, [HBC - Ojibway - First Session; HBC - Long Voyage I - Second Session]; Wavus Council 2018; Bowdoin College; Middle Island, NY

**JORDANA R. ROET**, [JC - Kindness - Intro Session I; JC - Ojibway - Second Session]; Wavus 2009-16; Wavus Council 2018; Boston University; Ft. Worth, TX

**MARINA T. ROMERO GROS**, [HBC - Cheyenne - First Session; HBC - Kindness - Intro Session II]; Wavus Council 2018; ESCI-UPF; Barcelona, Spain

**IZZY L. ROURKE**, [JC - Maine Trails I - First Session; JC - Cayuga - Second Session]; Wavus Council 2018; St. Lawrence University; Lexington, MA

**MAGGIE C. RUMLEY**, [JC - Wawanock - First Session; JC - Cherokee - Second Session]; Wavus Council 2018; Appalachian State University; Chesapeake, VA

**ANNA F. SANDT**, [JC - Kindness - Intro Session I; JC - Omaha - Second Session]; Wavus CIT2 2017; Wavus 2011-17; Wavus 2017-18; Pingree School; Byfield, MA

**BAILEY M. SHERWIN**, [HBC - Allagash II - First Session]; Wavus Council 2017-18; St. Lawrence University; North Ferrisburg, VT

**ANDREA L. SILVESTRI**, [HBC - Respect - Intro Session I; HBC - Maine Trails I - Second Session]; Wavus 2006-11; Wavus Council 2013-15 & 2018; Green Mountain College; West Warwick, RI

**OLIVIA 'LIV' S. SMALL**, [HBC - Kindness - Intro Session I; HBC - Osage - Second Session]; Wavus 2012-13; Wavus Council 2016-18; University of Rhode Island; Providence, RI

**JENNY M. SNEEDEN**, [HBC - Narragansett - First Session]; Wavus Council 2018; St. Lawrence University; Philadelphia, PA

**FAKHEERA 'DIAMOND' W. D. STEVENS**, [HBC - Wawanock - First Session; HBC - Courage - Intro Session II]; Wavus 2006-12; Wavus Council 2016-18; University of North Carolina, Chapel Hill; Henrico, VA

**LINDSAY P. STEWART**, [HBC - Maine Trails II - Second Session]; Wavus 2007-15; Wavus Council 2017-18; New York University; Belmont, MA

**LILY TROMANHAUSER**, [HBC - Responsibility - Intro Session I; HBC - Allagash III - Second Session]; Wavus 2007-12; Wavus Council 2015-18; Bates College; Cape Elizabeth, ME

**MARY 'MOLLY' D. TUCKER**, [HBC - Maine Trails II - First Session; HBC - Cayuga - Second Session]; CIT 2015, Wavus 2009-14; Wavus Council 2016-18; Boston College; Ruxton, MD

**NATALIE V. UNGER**, [JC - Omaha - First Session; JC - Allagash I - Second Session]; Wavus 2006-15; Wavus Council 2018; Kenyon College; Washington, DC

**GWENDOLYN 'GWEN' VILES**, [HBC - Respect - Intro Session I; HBC - Respect - Intro Session II]; Wavus Council 2017-18; Georgetown University; Athens, ME

**CASEY M. WALSH**, [HBC - Algonquin - First Session; HBC - Mohawk - Second Session]; Wavus Council 2017-18; Clemson University; Litchfield, CT

**SARAH M. WILSON**, [HBC - Maine Trails I - First Session; HBC - Algonquin - Second Session]; CIT 2015; Wavus 2007-14; Wavus Council 2016-18; Boston University; New York, NY

**CAITLIN 'CAT' G. WOOD**, [HBC - Long Voyage I - First Session; HBC - Algonquin II - Second Session]; Wavus 2007-2009; Wavus Council 2016-18; Wesleyan University; Simsbury, CT

**CAMERON 'CAM' Y. WOODS**, [JC - Courage - Intro Session I; JC - Cheyenne - Second Session]; Wavus Council 2018; Colby College; Yarmouth, ME

**BAILEY M. YTTERDAHL**, [JC - Osage - First Session; JC - Allagash III - Second Session]; Wavus CIT2 2017; Wavus 2010-16; Wavus Council 2018; Gettysburg College; Glen Ellyn, IL

**EMMA L. ZETTERBERG**, [HBC - Narragansett - Second Session]; Kieve Girls 2005; Wavus 2006-11; Wavus Council 2016-18; Middlebury College; Princeton, NJ

### **WAVUS CAMP FOR GIRLS - CAMPERS**

**EMILY AARTS**, Wavus 2014-18; [Wavus Second Session - Allagash II]; Hoboken, NJ

**VICTORIA E.W. ABBOTT**, Wavus 2014-18; [Wavus First Session - Abenaki]; Falmouth, ME

**ALLEGRA ABRAMS**, Wavus 2018; [Wavus Intro I - Responsibility]; New York, NY

**CHARLOTTE ADAMO**, Wavus 2017-18; [Wavus First Session - Cayuga]; Locust Valley, NY

**NORAH E. ADLER**, Wavus 2012-18; [Wavus First Session - Long Voyage II]; Santa Monica, CA

**SONIA R. AGARWAL**, Wavus 2018; [Wavus Intro I - Responsibility]; Newton, MA

**OLIVIA B. AMES**, Wavus 2014-18; [Wavus Second Session - Allagash I]; South Hamilton, MA

**EMILY E. ANDERSON**, Wavus 2018; [Wavus Intro II - Responsibility]; London, United Kingdom

**NATALIE ANDERSON**, Wavus 2016-18; [Wavus First Session - Abenaki]; Studio City, CA

**NINA M. ANGELLA**, Wavus 2017-18; [Wavus Second Session - Osage]; Newton, MA

**LEAH L. ANTONATOS**, Wavus 2011-18; [Wavus First Session - Maine Trails I]; Chicago, IL

**LILLY MAE AWAMLEH**, Wavus 2016-18; [Wavus First Session - Cheyenne]; Atlanta, GA

**ELLERY C. AXEL**, Wavus 2017-18; [Wavus First Session - Ojibway]; Chicago, IL

**OLIVIA R. BAGAN**, Wavus 2013-18; [Wavus First Session - Allagash II]; New York, NY

**TAYLOR B. BAINBRIDGE**, Wavus 2018; [Wavus First Session - Cherokee]; Rye, NY

**NATALIE BARNETT PEARCE**, Wavus 2016-18; [Wavus Second Session - Narragansett]; Pawtucket, RI

**ABIGAIL 'ABBY' BASTOS**, Wavus 2018; [Wavus Intro I - Respect]; Cincinnati, OH

**MEGAN BASTOS**, Wavus 2018; [Wavus Intro I - Respect]; Cincinnati, OH

**BEATRICE BAUM**, Wavus 2017-18; [Wavus Second Session - Mohawk]; Baltimore, MD

**PAXTON G. BELADINO**, Wavus 2014-18; [Wavus Second Session - Wawanock]; New Canaan, CT

**ELOISE 'ELSIE' BENCHLEY**, Wavus 2016-18; [Wavus First Session - Omaha]; New York, NY

**LAINY BENDER**, Wavus 2016; 2018; [Wavus First Session - Cherokee]; Falmouth, ME

**SAMANTHA H. BENNETT**, Wavus 2014-18; [Wavus Second Session - Allagash II]; Providence, RI

**KAT BENSLEY**, Wavus 2018; [Wavus Second Session - Algonquin]; South Hamilton, MA

**CHARLOTTE BERMAN**, Wavus 2016-18; [Wavus First Session - Cayuga]; Philadelphia, PA

**EVELYN S. BETSILL**, Wavus 2018; [Wavus Intro II - Courage]; Winnetka, IL

**CAROLINE K. BETTY**, Wavus 2015-18; [Wavus First Session - Osage]; Weston, MA

**ARIA BEVACQUA**, Wavus 2018; [Wavus Second Session - Cayuga]; New York, NY

**SHANNON L. BICKFORD**, Wavus 2018; [Wavus Intro II - Respect]; Round Pond, ME

**GRETA J. BIGGINS**, Wavus 2017-18; [Wavus Second Session - Cheyenne]; New York, NY

**JULIA BINDER**, Wavus 2012-18; [Wavus First Session - Maine Trails I]; Providence, RI

**BERIT BLANKENSHIP**, Wavus 2018; [Wavus Intro II - Kindness]; Chapel Hill, NC

**NATALIE BLAZOVIC**, Wavus 2017-18; [Wavus Second Session - Cheyenne]; Rowayton, CT

**BRONWYN 'WINNIE' S. BLUESTEIN**, Wavus 2018; [Wavus Intro II - Kindness]; Darien, CT

**ANNEMARIE BOLAND**, Wavus 2018; [Wavus Intro I - Responsibility]; Park City, UT

**AMELIE S. BONANNO**, Wavus 2015-18; [Wavus Second Session - Narragansett]; Darien, CT

**BLAKESLEY G. BONANNO**, Wavus 2014-18; [Wavus Second Session - Allagash II]; Darien, CT

**CAMPBELL S. BONANNO**, Wavus 2015-18; [Wavus Second Session - Narragansett]; Darien, CT

**LUCY BOOMA**, Wavus 2017-18; [Wavus Second Session - Cayuga]; Lexington, MA

**CHARLOTTE D. BOSS**, Wavus 2014-18; [Wavus Second Session - Allagash II]; Narragansett, RI

**MORGAN T. BOSS**, Wavus 2017-18; [Wavus Second Session - Cheyenne]; Narragansett, RI

**SYDNEY 'SYD' C. BOSS**, Wavus 2015-18; [Wavus Second Session - Wawanock]; Narragansett, RI

**LILLY P. BOSTWICK**, Wavus 2018; [Wavus First Session - Algonquin]; New York, NY

**MIA BOUDOUVAS**, Wavus 2016-18; [Wavus First Session - Wawanock]; Bryn Mawr, PA

**KSENIA BOYARKOVA**, Wavus 2018; [Wavus Second Session - Omaha]; Moscow, Russia

**BROOKE BRENNER**, Wavus 2016-18; [Wavus Second Session - Omaha]; Homestead, FL

**ADDISON 'ADDIE' C. BRINKLER**, Wavus 2014-18; [Wavus First Session - Allagash II]; Round Pond, ME

**CELIA W. BRINKLER**, Wavus 2015-18; [Wavus First Session - Osage]; Round Pond, ME

**ELIZA F. BROOKS**, Wavus 2017-18; [Wavus Second Session - Cheyenne]; Hingham, MA

**IVY E. BROWN**, Wavus 2018; [Wavus Intro I - Responsibility]; Charlotte, NC

**MARY 'MOLLY' B. BROWN**, Wavus 2015-18; [Wavus First Session - Abenaki]; Baltimore, MD

**KATHLEEN 'KATIE' B. BUCHAN**, Wavus 2017-18; [Wavus First Session - Cherokee]; Rye, NH

**GUINEVERE 'GUIN' E. BUONO**, Wavus 2013, 2017-18; [Wavus First Session - Allagash I]; Powhatan, VA

**CAROLINE C. BURKE**, Wavus 2016-18; [Wavus Second Session - Maine Trails II]; Annapolis, MD

**HOLLY 'HOLLY JEAN' J. BURKE**, Wavus 2016-18; [Wavus Second Session - Ojibway]; Annapolis, MD

**MARGARET 'MAGGIE' E. BURKE**, Wavus CIT2 2018, Wavus 2016-17; [Wavus CIT 2 - ]; Annapolis, MD

**ANNA 'ANNIE' E. BURTON**, Wavus 2013-18; [Wavus Second Session - Long Voyage I]; Chatham, NJ

**BEATRICE 'BETSY' C. BURTON**, Wavus 2016-18; [Wavus Second Session - Cayuga]; Chatham, NJ

**JULIET M. BURWELL**, Wavus 2017-18; [Wavus First Session - Algonquin]; Alexandria, VA

**JULIA A. BUZACOTT**, Wavus 2014-2018; [Wavus Second Session - Long Voyage II]; Washington, DC

**RUBY CAMERON**, Wavus 2017-18; [Wavus First Session - Wawanock]; Westerly, RI

**SADIE CAMERON**, Wavus 2018; [Wavus Intro I - Respect]; Westerly, RI

**LEILA CAMPBELL**, Wavus 2018; [Wavus Second Session - Algonquin]; Princeton, NJ

**MAHATE CARREIRO**, Wavus 2018; [Wavus Intro II - Responsibility]; Washington, DC

**HANNAH E. CASEY**, Wavus 2015-18; [Wavus First Session - Long Voyage I]; Coconut Grove, FL

**SARAH M. CASEY**, Wavus 2016-18; [Wavus First Session - Allagash II]; Coconut Grove, FL

**AMANDA C. CASHMAN**, Wavus 2014-2018; [Wavus First Session - Penobscot]; Ruxton, MD

**CECILIA B. CHADBOURNE**, Wavus 2018; [Wavus Intro II - Courage]; Rockport, MA

**SKYLAR 'SKY' CHARLESWORTH**, Wavus 2016-18; [Wavus First Session - Long Voyage I]; Atlanta, GA

**ALICE CHAVAROT**, Wavus 2017-18; [Wavus Second Session - Algonquin II]; London, United Kingdom

**TENZIN 'T.C.' CHOXYANG**, Wavus 2018; [Wavus Second Session - Allagash III]; Long Island City, NY

**AALIA CHOUDHRY**, Wavus 2018; [Wavus Intro I - Respect]; New York, NY

**ELLE N. CHRISTINE**, Wavus 2012-18; [Wavus First Session - Maine Trails I]; Villanova, PA

**CAROLINE 'KIKI' M. CHRISTU**, Wavus 2017-18; [Wavus Second Session - Mohawk]; Palm Beach, FL

**CAROLINE H. CHURCHMAN**, Wavus 2014-17; [Wavus First Session - Ojibway]; Malvern, PA

**ISABEL R. CLARE**, Wavus 2013-18; [Wavus First Session - Allagash III]; Madison, CT

**LILLIAN CLARE**, Wavus 2018; [Wavus Intro I - Responsibility]; Madison, CT

**SAMANTHA G. CLARE**, Wavus 2016-18; [Wavus First Session - Narragansett]; Madison, CT

**PEPPER W. CLAYTOR**, Wavus 2015-18; [Wavus First Session - Wawanock]; Malvern, PA

**PAIGE A. CLEMMER**, Wavus 2015-18; [Wavus First Session - Cherokee]; Drexel Hill, PA

**SYDNEY A. CLEMMER**, Wavus 2013-18; [Wavus First Session - Penobscot]; Drexel Hill, PA

**ANNE M. CLIFFORD-LEVY**, Wavus 2017-18; [Wavus First Session - Cherokee]; New York, NY

**MARYWINSTON 'MARY' CADRARO**, Wavus 2018; [Wavus Intro I - Courage]; Greenwich, CT

**ESME COES**, Wavus 2018; [Wavus Second Session - Omaha]; Wellesley, MA

**CHARLOTTE 'SKY' H. COLE**, Wavus 2012, 2015-16; 2018; [Wavus Second Session - Maine Trails I]; Beverly, MA

**CAITLIN L. CONNELL**, Wavus 2017-18; [Wavus Second Session - Penobscot]; Andover, MA

**KATHERINE 'KATIE' B. CONNOR-VANDYKE**, Wavus 2018; [Wavus Intro II - Respect]; New York, NY

**TEAGAN A. COOK**, Wavus 2018; [Wavus Intro II - Kindness]; Newtown Square, PA

**JULIA COON**, Wavus 2016-18; [Wavus First Session - Penobscot]; Fair Haven, NJ

**ANNA 'ANNIE' C. CORNELL**, Wavus 2018; [Wavus First Session - Cayuga]; San Francisco, CA

**CAROLINE COSTELLO**, Wavus 2018; [Wavus Second Session - Cheyenne]; Darien, CT

**SOPHIA I. COTTER**, Wavus 2018; [Wavus Second Session - Algonquin]; Los Angeles, CA

**MADELINE O. COURNOYER**, Wavus 2015-18; [Wavus Second Session - Wawanock]; Kenilworth, IL

**WILLA G. COURTNEY**, Wavus 2018; [Wavus First Session - Mohawk]; Brooklyn, NY

**EMILY W. COX**, Wavus 2018; [Wavus First Session - Allagash II]; Newtown Square, PA

**ADDISON 'ADDIE' R. CREELMAN**, Wavus 2017-18; [Wavus First Session - Cherokee]; Weston, MA

**LYDIA CRESSEY-DODGE**, Wavus 2018; [Wavus Intro II - Courage]; York, ME

**SATYA B. CROWLEY**, Wavus 2016-18; [Wavus First Session - Narragansett]; Upper Nyack, NY

**COSIMA A. CURRAN**, Wavus 2015-18; [Wavus First Session - Allagash II]; Wiscasset, ME

**BILENA A.B DABALEN**, Wavus 2014-18; [Wavus Second Session - Long Voyage II]; Washington, DC

**KATIE D'ANNA**, Wavus 2016-18; [Wavus First Session - Cayuga]; Port Washington, NY

**PAIGE D'ANNA**, Wavus 2017-18; [Wavus First Session - Algonquin]; Port Washington, NY

**EMMA L. DARLING**, Wavus 2016-18; [Wavus First Session - Cherokee]; Weston, MA

**VICTORIA 'TORI' M. DARLING**, Wavus 2012-13, 2015 -16, 2018; [Wavus First Session - Allagash I]; Weston, MA

**CAROLINE T. DAUB**, Wavus 2017-18; [Wavus Second Session - Abenaki]; Easton, PA

**MADELEINE P. DAVANT**, Wavus 2018; [Wavus Intro II - Kindness]; Washington, DC

**ELENI A. DAVIS**, Wavus 2018; [Wavus Intro I - Respect]; Alexandria, VA

**PAYSEN 'PAY' J. DAY**, Wavus 2017-18; [Wavus Second Session - Osage]; Damariscotta, ME

**SARA E. DAYYA**, Wavus 2013-18; [Wavus Second Session - Allagash II]; New Canaan, CT

**JESSICA 'JESSE' DE LA BASTIDE**, Wavus 2012, 2014-18; [Wavus First Session - Maine Trails I]; Sands Point, NY

**HADLEY DEAN**, Wavus 2018; [Wavus Intro I - Kindness]; Washington, DC

**ELIZA DECHRISTOPHER**, Wavus 2018; [Wavus Intro I - Respect] New Canaan, CT

**AMELIA DEDEKIAN**, Wavus 2016-18; [Wavus Second Session - Cheyenne]; Yarmouth, ME

**ANNABEL M. DEFOREST KEYS**, Wavus 2018; [Wavus First Session - Cheyenne]; Bryn Mawr, PA

**LUCY S. DEL COL**, Wavus 2012-18; [Wavus Second Session - Maine Trails I]; Wellesley, MA

**DARCY L. DEL REAL**, Wavus 2014-18; [Wavus Second Session - Allagash II]; Wellesley, MA

**OLIVIA L. DELUCA**, Wavus 2016-18; [Wavus First Session - Cheyenne]; Princeton, NJ

**MAIA L. DEMING**, Wavus 2018; [Wavus Intro II - Respect]; Brookline, MA

**NEVAEH J. DEPINA**, Wavus 2018; [Wavus Second Session - Narragansett]; New Bedford, MA

**NOLA DICKIE**, Wavus 2017-18; [Wavus First Session - Cherokee]; Weston, MA

**KASSIDY M. DIGHTON**, Wavus 2014-2018; [Wavus Second Session - Allagash I]; Bristol, ME

**ADELAIDE M. DIXON**, Wavus 2014-18; [Wavus Second Session - Allagash I]; Dillwyn, VA

**GEORGIANA 'GEORGIE' F. DOERWALD**, Wavus 2015-18; [Wavus First Session - Narragansett]; Santa Fe, NM

**AVA DOHERTY**, Wavus 2017-18; [Wavus Second Session - Cayuga]; Warwick, Bermuda

**LILY S. D'OLIVEIRA**, Wavus 2015-18; [Wavus Second Session - Long Voyage II]; Old Greenwich, CT

**KARA A. DOMINICK**, Wavus 2012-18; [Wavus Second Session - Long Voyage I]; Glastonbury, CT

**ELLIS C. DOUGHERTY**, Wavus 2012-18; [Wavus First Session - Maine Trails II]; Yarmouth, ME

**FIONA R. DOUGHERTY**, Wavus 2016-18; [Wavus First Session - Cayuga]; Glen Head, NY

**TESSA A. DOUGHERTY**, Wavus 2016-18; [Wavus First Session - Cayuga]; Yarmouth, ME

**LAUREN 'LAURIE' N. DUBOIS**, Wavus 2015-18; [Wavus Second Session - Ojibway]; New York, NY

**CAVAN M. DUFFY**, Wavus 2017-18; [Wavus First Session - Long Voyage II]; Rowayton, CT

**CHARLOTTE M. DUFFY**, Wavus 2013-18; [Wavus Second Session - Wawanock]; Mendham, NJ

**DELIA J. DUGGAN**, Wavus 2011-18; [Wavus First Session - Long Voyage II]; Boston, MA

**EVELYN R. DUREY**, Wavus 2018; [Wavus Second Session - Cayuga]; Essex, MA

**GRACE DUREY**, Wavus 2018; [Wavus Second Session - Omaha]; Essex, MA

**KATE "KATIE" A. L. DURKIN**, Wavus 2016-18; [Wavus First Session - Mohawk]; New York, NY

**LILY V. EATON**, Wavus 2018; [Wavus Intro I - Responsibility]; New York, NY

**NATASHA W. EDWARDS**, Wavus 2015-18; [Wavus Second Session - Allagash II]; Alexandria, VA

**ALLISON L. EICHLER**, Wavus 2014-18; [Wavus Second Session - Allagash I]; Summit, NJ

**ELEANOR 'ELLIE' B. ELLIE**, Wavus 2017-18; [Wavus Second Session - Algonquin II]; Alexandria, VA

**RACHEL 'RAE' W. EILE**, Wavus 2017-18; [Wavus Second Session - Algonquin II]; Alexandria, VA

**MARIEL H. EISELE**, Wavus 2018; [Wavus First Session - Abenaki]; Cockeysville, MD

**EVE W. ELKINS**, Wavus 2014-18; [Wavus First Session - Long Voyage II]; Brookline, MA

**CHARLOTTE M. EPKER**, Wavus 2011-18; [Wavus First Session - Maine Trails II]; Dedham, MA

**CLARA J. ESPENSHADE**, Wavus 2017-18; [Wavus Second Session - Mohawk]; Baltimore, MD

**ELEANOR 'EMMIE' M. ESTAVILLO**, Wavus 2015-18; [Wavus First Session - Omaha]; Oakland, CA

**MURPHY EVERDELL**, Wavus 2016-18; [Wavus First Session - Omaha]; Ridgefield, CT

**MADDIE EVERS**, Wavus 2016-18; [Wavus Second Session - Cheyenne]; Wayne, PA

**KATHERINE 'KATE' G. FAHRMAN**, Wavus 2018; [Wavus Second Session - Cherokee]; Darien, CT

**PETRA FAKRIS**, Wavus 2016-18; [Wavus First Session - Cayuga]; Roslyn, NY

**MAEVE O. FARLEY**, Wavus 2017-18; [Wavus First Session - Wawanock]; New York, NY

**MAGGIE R. FARLEY**, Wavus 2017-18; [Wavus First Session - Mohawk]; New York, NY

**TEAGAN K. FARLEY**, Wavus 2017-18; [Wavus First Session - Cheyenne]; New York, NY

**SETON C. FAUCETT**, Wavus 2018; [Wavus Intro I - Kindness]; Bethesda, MD

**HADLEY D. FEAREY**, Wavus 2016-18; [Wavus Second Session - Ojibway]; Ruxton, MD

**NATHALIE P. FENTON**, Wavus 2017-18; [Wavus Second Session - Algonquin II]; Long Island City, NY

**GWYNETH V. FERGUSON**, Wavus 2017-18; [Wavus Second Session - Mohawk]; Atlanta, GA

**TAYLOR C. FINK**, Wavus 2015-18; [Wavus Second Session - Allagash I]; Damariscotta, ME

**MARGAUX G. FIRMENICH**, Wavus 2016-18; [Wavus First Session - Cheyenne]; Princeton, NJ

**STELLA C. FIRMENICH**, Wavus 2013-18; [Wavus First Session - Penobscot]; Princeton, NJ

**AVERY P. FITZPATRICK**, Wavus 2018; [Wavus Second Session - Osage]; Madison, NJ

**EMERSON 'EMMIE' FITZPATRICK**, Wavus 2018; [Wavus Second Session - Osage]; Madison, NJ

**HANNAH A. FLAHERTY**, Wavus 2018; [Wavus Second Session - Algonquin]; Starks, ME

**SADIE L. FLECKER**, Wavus 2018; [Wavus Intro I - Respect]; New York, NY

**MCKENNA D. FLOWERES**, Wavus 2018; [Wavus Second Session - Cayuga]; Hingham, MA

**JOSEPHINE 'JOSIE' J. FLOYD**, Wavus 2018; [Wavus Intro II - Kindness]; Old Greenwich, CT

**VICTORIA 'TORI' S. FLOYD**, Wavus 2018; [Wavus Intro II - Courage]; Old Greenwich, CT

**ANYA J. FOLEY**, Wavus 2015-18; [Wavus First Session - Osage]; Brookline, MA

**EMILY FONNER**, Wavus 2018; [Wavus Intro II - Kindness]; New Canaan, CT

**VICTORIA K. FOWLER**, Wavus 2017-18; [Wavus Second Session - Cheyenne]; Falls Church, VA

**ALISON 'ALI' S. FRAZIER**, Wavus 2014-18; [Wavus First Session - Allagash I]; Conshohocken, PA

**FINLEY M. FRENKEL**, Wavus 2018; [Wavus Intro II - Courage]; Brooklyn, NY

**AMANDA 'MANDY' FRIEDMAN**, Wavus 2018; [Wavus Intro I - Kindness]; New York, NY

**KAYLA D. FRIEDMAN**, Wavus 2013-18; [Wavus Second Session - Long Voyage I]; Chatham, NJ

**OTTAVIA 'OCKETY' FRIES**, Wavus 2014-16; 2018; [Wavus First Session - Allagash I]; Brussels, Belgium

**GEMMA G. L. FRIEND**, Wavus 2018; [Wavus Intro I - Responsibility]; West Newton, MA

**CHARLOTTE FRITZ**, Wavus 2017-18; [Wavus Second Session - Algonquin II]; Washington, DC

**CLAIRE FUGELSANG**, Wavus 2018; [Wavus Intro I - Kindness]; Riverside, CT

**GRACEN S. GAINOR**, Wavus 2015-18; [Wavus Second Session - Ojibway]; Los Angeles, CA

**MADELINE J. GALLIGAN**, Wavus 2018; [Wavus Intro II - Respect]; Darien, CT

**CAROLINE GARDINER**, Wavus 2018; [Wavus Intro I - Responsibility]; Washington, DC

**MERIWETHER 'MERI ROSE' R. GARNETT**, Wavus 2017-18; [Wavus Second Session - Algonquin II]; Washington, DC

**NATALIE 'NAT' GARRE**, Wavus 2016-18; [Wavus Second Session - Osage]; Bethesda, MD

**MARY GENTHNER**, Wavus 2017-18; [Wavus First Session - Omaha]; Damariscotta, ME

**VIRGINIA H. GEORGES**, Wavus 2017-18; [Wavus First Session - Algonquin]; Greenwich, CT

**PAIGE GEORGI**, Wavus 2017-18; [Wavus Second Session - Mohawk]; Lake Forest, IL

**MARGARET 'MARGIE' GERAGHTY**, Wavus 2017-18; [Wavus Second Session - Cherokee]; Chicago, IL

**SEDONA G. GILLARD**, Wavus 2015-18; [Wavus First Session - Maine Trails II]; Gloucester, MA

**MARGARET GILLIGAN**, Wavus 2018; [Wavus Second Session - Cherokee]; Bedford Hills, NY

**ALEXANDRA F. GLOMB**, Wavus 2014-18; [Wavus First Session - Penobscot]; Wyndmoor, PA

**ISABELLA M. GONZALES**, Wavus 2018; [Wavus Intro I - Courage]; Mill Neck, NY

**GEORGIA T. GOODER**, Wavus 2018; [Wavus Intro I - Respect]; New York, NY

**FIONA 'FI' J. GOSK**, Wavus 2015-18; [Wavus First Session - Omaha]; Wellesley, MA

**LOUISA P. GOSK**, Wavus 2016-18; [Wavus First Session - Cheyenne]; Wellesley, MA

**KAITLIN GOTTSEGEN**, Wavus 2017-18; [Wavus First Session - Omaha]; Salisbury, CT

**MARGOT G. GRAMBLAT**, Wavus 2017-18; [Wavus First Session - Cayuga]; Paris, France

**KENDAHL O. GRAVES**, Wavus 2018; [Wavus Second Session - Algonquin]; Helotes, TX

**ADDISON B. GRAY**, Wavus 2017-18; [Wavus Second Session - Cayuga]; Greenland, NH

**WESTERLY 'WESTY' L. GRAY**, Wavus 2018; [Wavus Intro II - Courage]; Greenland, NH

**HADLEY GRIBBELL**, Wavus 2015-18; [Wavus First Session - Narragansett]; Boston, MA

**WHITNEY GRUNOW**, Wavus 2016-18; [Wavus Second Session - Cherokee]; Darien, CT

**CHARLOTTE GUTHRIE**, Wavus 2017-18; [Wavus First Session - Algonquin]; Boxford, MA

**HAZEL GUTHRIE**, Wavus 2018; [Wavus Intro I - Courage]; Boxford, MA

**LYLA W. GUTHRIE**, Wavus 2014-2018; [Wavus First Session - Abenaki]; Boxford, MA

**BEVIN M. HAKIZIMANA**, Wavus 2018; [Wavus Intro I - Respect]; Gorham, ME

**MARGARET 'MAGGIE' G. HANSEN**, Wavus 2017-18; [Wavus Second Session - Algonquin]; Chicago, IL

**MYAH E. HANSEN**, Wavus 2018; [Wavus Second Session - Abenaki]; Lincolnville, ME

**LILY K. HARLAN**, Wavus 2017-18; [Wavus Second Session - Abenaki]; Princeton, NJ

**CHARLOTTE 'CECE' C. HARRIS**, Wavus 2017-18; [Wavus Second Session - Cheyenne]; Boston, MA

**CAROLINE HART**, Wavus 2018; [Wavus Second Session - Omaha]; Chicago, IL

**ELOISE P. HARTFORD**, Wavus 2012-18; [Wavus First Session - Long Voyage II]; Shaker Heights, OH

**ALEXA HAZELTON**, Wavus 2016-18; [Wavus First Session - Cheyenne]; Bay Shore, NY

**GRACE HAZELTON**, Wavus 2017-18; [Wavus First Session - Algonquin]; Bay Shore, NY

**ALEXANDRA HEDGES**, Wavus 2018; [Wavus Second Session - Narragansett]; Carmel Valley, CA

**BARBARA 'BEBE' H. HEEKIN**, Wavus 2018; [Wavus Intro I - Respect]; Cincinnati, OH

**MARISSA A. HENNIGAN**, Wavus 2018; [Wavus Second Session - Algonquin]; New York, NY

**STORY JANE 'STORY' S. HENTOFF**, Wavus CIT1 2018, Wavus 2009-17; [Wavus CIT 1 - ]; Washington, DC

**JULIA HEPP**, Wavus 2018; [Wavus Intro II - Courage]; York Harbor, ME

**MARGARET 'MAGGIE' HERTZMARK**, Wavus 2018; [Wavus Intro I - Courage]; Riverside, CT

**CAROLINE HOBELMANN**, Wavus 2018; [Wavus Second Session - Wawanock]; Baltimore, MD

**EMMA S. HOFFMAN**, Wavus 2014-18; [Wavus Second Session - Long Voyage I]; Wellesley Hills, MA

**BETTINA E. HOLDEN**, Wavus 2017-18; [Wavus First Session - Wawanock]; Rye, NY

**CHLOE E. HOLDEN**, Wavus 2017-18; [Wavus First Session - Mohawk]; Rye, NY

**SOPHIE M. HOLLAND**, Wavus 2015-18; [Wavus Second Session - Cherokee]; Middletown, RI

**SASKIA 'KIKI' C. E. HOOD**, Wavus 2017-18; [Wavus First Session - Cayuga]; Washington, DC

**FILIPPA HOPFEN**, Wavus 2018; [Wavus First Session - Mohawk]; Munich, Germany

**MARGARET 'GRETA' L. HORGAN**, Wavus 2012-18; [Wavus First Session - Maine Trails II]; Portsmouth, NH

**ISADORA HRABE**, Wavus 2016-18; [Wavus First Session - Mohawk]; Batesville, VA

**ALEXANDRA 'SASHA' HUCK**, Wavus 2018; [Wavus Second Session - Omaha]; London, United Kingdom

**ALLEY E. HUTCHINS**, Wavus 2014-18; [Wavus First Session - Penobscot]; Greenwich, CT

**HOPE J. HYDE**, Wavus 2017-18; [Wavus First Session - Mohawk]; Darien, CT

**CATHERINE A. INSELY**, Wavus 2014-18; [Wavus First Session - Allagash III]; Towson, MD

**INGA B. IVERSON**, Wavus 2017-18; [Wavus Second Session - Cherokee]; Rye, NY

**ALEXIS 'LEXIE' V. JACOBS**, Wavus 2013-18; [Wavus First Session - Allagash III]; Hunt Valley, MD

**TATUM JAROCH**, Wavus 2018; [Wavus Intro II - Kindness]; Darien, CT

**CAITLYN JEFFREY**, Wavus 2018; [Wavus Second Session - Abenaki]; Montclair, NJ

**BEATRICE 'BEA' S. JOHNSON**, Wavus 2015-18; [Wavus First Session - Narragansett]; New York, NY

**LILY C. JOHNSON**, Wavus 2015-18; [Wavus First Session - Abenaki]; New York, NY

**OLIVIA M. JOHNSON**, Wavus 2018; [Wavus Intro II - Responsibility]; Philadelphia, PA

**MADELEINE 'MADDY' M. JOHNSTON**, Wavus 2017-18; [Wavus First Session - Wawanock]; New York, NY

**LAUREN 'LOLO' JORDAN**, Wavus 2015-18; [Wavus First Session - Narragansett]; Windham, ME

**SADIE J. JUVONEN**, Wavus 2018; [Wavus Intro II - Kindness]; New York, NY

**SOPHIA KAHN**, Wavus 2018; [Wavus Intro I - Kindness]; New York, NY

**GRACE KAPLAN**, Wavus 2018; [Wavus Second Session - Cheyenne]; Darien, CA

**KAITLIN 'KIKI' L. KAVANAGH**, Wavus 2012-18; [Wavus Second Session - Long Voyage I]; Rumson, NJ

**HAYDEN KEELTY**, Wavus 2017-18; [Wavus Second Session - Algonquin II]; Hunt Valley, MD

**NORA H. KEITHLINE**, Wavus 2018; [Wavus Intro I - Courage]; New York, NY

**ABIGAIL 'ABBY' O. KELLETT**, Wavus 2017-18; [Wavus First Session - Algonquin]; Radnor, PA

**JULIA R. KELLEY**, Wavus 2015, 2017-18; [Wavus Second Session - Penobscot]; Nashua, NH

**SARAH E. KELLEY**, Wavus 2013-18; [Wavus Second Session - Maine Trails II]; Nashua, NH

**EDA R. B. KESWICK**, Wavus 2018; [Wavus Intro II - Kindness]; London, United Kingdom

**IRENE S. KESWICK**, Wavus 2018; [Wavus Intro II - Respect]; London, United Kingdom

**ROSE A. KESWICK**, Wavus 2018; [Wavus Intro II - Respect]; London, United Kingdom

**ANNA KHATSKELEVICH**, Wavus 2018; [Wavus Second Session - Abenaki]; Moscow, Russia

**AVERY KHETANI**, Wavus 2017-18; [Wavus First Session - Mohawk]; Concord, MA

**ELLIE KIERNAN**, Wavus 2018; [Wavus Second Session - Narragansett]; Boston, MA

**EMMA KIERNAN**, Wavus 2018; [Wavus Intro II - Respect]; Boston, MA

**CHARLOTTE C. KISER**, Wavus 2014-18; [Wavus Second Session - Ojibway]; Darien, CT

**HANNAH F. KNOWLTON**, Wavus 2015-18; [Wavus First Session - Abenaki]; Boston, MA

**ANN ‘ANNIE’ T. KOEHLER**, Wavus 2016-18; [Wavus First Session - Cheyenne]; Chapel Hill, NC

**GEORGIA B. KOFF-GILMORE**, Wavus 2016-18; [Wavus First Session - Cherokee]; Culver City, CA

**KENNEDY G. KRANENBURG**, Wavus 2018; [Wavus Intro I - Kindness]; Waban, MA

**CHIARA A.R. KREMER**, Wavus 2011-18; [Wavus First Session - Long Voyage II]; Atlanta, GA

**ANNA S. KRUSH**, Wavus 2011-18; [Wavus Second Session - Maine Trails I]; Bethesda, MD

**ELEANOR ‘ELLIE’ D. LACASSE**, Wavus 2013-18; [Wavus First Session - Long Voyage I]; Watertown, CT

**ESTELLA ‘STELLA’ B. LAIRD**, Wavus 2015-18; [Wavus First Session - Narragansett]; Upper Nyack, NY

**CLAIRE L. LANG**, Wavus 2014-18; [Wavus First Session - Osage]; Weston, MA

**GRACE V. LANG**, Wavus 2013-18; [Wavus First Session - Allagash I]; Weston, MA

**PHOEBE F. LAPHAM**, Wavus 2018; [Wavus Intro II - Responsibility]; Washington, DC

**MARGARET ‘KENZIE’ M. LARKIN**, Wavus 2014-18; [Wavus Second Session - Ojibway]; Providence, RI

**RUBY R. LATHAM**, Wavus 2018; [Wavus Second Session - Algonquin]; Newburyport, MA

**ELEANORA ‘ELLA’ LAURITA**, Wavus 2016-18; [Wavus Second Session - Penobscot]; Camden, ME

**ASPEN M. LAURITA-SPANGLET**, Wavus CIT2 2018, Wavus 2014-17; [Wavus CIT 2 - ]; Rockland, ME

**AUDREY M. LAWLOR**, Wavus 2015-18; [Wavus Second Session - Penobscot]; North Hollywood, CA

**CAROLINE LAWRENCE**, Wavus 2016-18; [Wavus First Session - Penobscot]; Greenwich, CT

**MAE LAWRENCE**, Wavus 2018; [Wavus Intro II - Courage]; Brookline, MA

**OLIVIA LEBEL**, Wavus 2018; [Wavus Intro II - Responsibility]; Lexington, MA

**ELYSE LEBRUN**, Wavus 2016-18; [Wavus Second Session - Cherokee]; Bedford Hills, NY

**BRONTE A. LEVIN**, Wavus 2014-18; [Wavus First Session - Allagash III]; Piedmont, CA

**ADDY LEVINE**, Wavus 2017-18; [Wavus Second Session - Allagash II]; Longmont, CO

**CHLOE C. LEVINE**, Wavus 2015-18; [Wavus Second Session - Ojibway]; Palm Beach, FL

**SACHA LEVINE**, Wavus 2017-18; [Wavus Second Session - Allagash I]; Longmont, CO

**AMY D. LEWIS**, Wavus 2014-18; [Wavus Second Session - Ojibway]; Annandale, VA

**RACHEL A. LEWIS**, Wavus 2012, 2014-18; [Wavus Second Session - Allagash III]; Annandale, VA

**KIERA G. LINDSEY**, Wavus 2018; [Wavus Intro I - Respect]; Dayton, OH

**MARY 'ISABEL' I. LINDSTROM**, Wavus 2018; [Wavus Intro I - Courage]; Greenwich, CT

**AVA H. LINEHAN**, Wavus 2017-18; [Wavus First Session - Algonquin]; Baltimore, MD

**AVA J. LINKER**, Wavus 2017-18; [Wavus Second Session - Cayuga]; Irvine, CA

**BERKELEY A. LONG**, Wavus 2018; [Wavus Intro II - Respect]; Granville, OH

**ANNIE LOPEZ**, Wavus 2016-18; [Wavus First Session - Omaha]; Cambridge, MA

**CARLOTA LOPEZ ARANGUREN**, Wavus 2018; [Wavus Intro II - Kindness]; Riverside, CT

**AVA LORD**, Wavus 2017-18; [Wavus Intro I - Kindness]; Pemaquid, ME

**ROSEMARY 'ROSIE' A. LORD**, Wavus 2018; [Wavus Intro II - Courage]; South Portland, ME

**MAXIMILLA 'MAXI' LUCHINGA**, Wavus CIT2 2016-18; [Wavus CIT 2 - ]; Nairobi, Kenya

**SOPHIA MADDOCK**, Wavus 2018; [Wavus Intro I - Courage]; Greenwich, CT

**ANNA MAIOLO**, Wavus 2016-18; [Wavus Second Session - Ojibway]; Westport, CT

**EMELIA G. MALHOTRA**, Wavus 2015-18; [Wavus First Session - Abenaki]; Bala Cynwyd, PA

**CAROLINE H. MALLORY**, Wavus 2014-18; [Wavus Second Session - Maine Trails I]; Los Angeles, CA

**JANE MALLORY**, Wavus 2016-18; [Wavus Second Session - Cherokee]; Los Angeles, CA

**AVA MALLOW**, Wavus 2016-18; [Wavus First Session and Wavus Second Session - Osage & Ojibway]; Liberty, ME

**MAYA C. MARIN**, Wavus 2014-18; [Wavus First Session - Penobscot]; McLean, VA

**NANCY 'BYERS' MARTIN**, Wavus 2018; [Wavus Intro II - Courage]; Owings Mills, MD

**GENNA MARVIN**, Wavus 2016-18; [Wavus First Session - Cayuga]; Devon, PA

**DANA A. MATTHIAS**, Wavus 2014-18; [Wavus First Session - Maine Trails II]; Losone, Ti, Switzerland

**CHRISTIANA MAY**, Wavus 2018; [Wavus First Session - Cayuga]; Old Brookville, NY

**KATALIN MAZANSKY**, Wavus 2014-17; [Wavus First Session - Ojibway]; New York, NY

**ANNIE MCBRADY**, Wavus 2017-18; [Wavus Second Session - Algonquin II]; Washington, DC

**MOLLY C. MCDONALD**, Wavus 2017-18; [Wavus Second Session - Mohawk]; Wallingford, CT

**RYLAND MCDONALD**, Wavus 2016-18; [Wavus Second Session - Osage]; Chatham, NJ

**OLIVIA 'LIVY' R. MCENIRY**, Wavus 2016-18; [Wavus Second Session - Narragansett]; Darien, CT

**SYLVIE J. MCGOLDRICK**, Wavus 2017-18; [Wavus First Session - Algonquin]; Fairfield, CT

**LYLA MCKECHNIE**, Wavus 2017-18; [Wavus Intro II - Respect]; Nantucket, MA

**WELLESLEY 'WELLES' MCNALLY**, Wavus 2018; [Wavus Intro I - Responsibility]; Winnetka, IL

**CAROLINE 'CARLY' J. MCNAMARA**, Wavus 2016-18; [Wavus Second Session - Cayuga]; Chatham, NJ

**MABEL S. MCNAMARA**, Wavus 2013-18; [Wavus First Session - Long Voyage II]; Summit, NJ

**CARSON O. MCNICHOL**, Wavus 2017-18; [Wavus First Session - Mohawk]; New Canaan, CT

**CLOTHIER 'CLOEY' A. MCNICHOL**, Wavus 2012-18; [Wavus First Session - Maine Trails II]; New Canaan, CT

**FIONA MCSWEENEY**, Wavus 2016-18; [Wavus First Session - Omaha]; Chatham, NJ

**ALEXANDRA 'ALEX' N. MCVEAN**, Wavus 2012-18; [Wavus First Session - Allagash III]; Memphis, TN

**SARA 'SARA DOW' D. MCVEAN**, Wavus 2014-18; [Wavus First Session - Ojibway]; Memphis, TN

**RACHAEL 'RACH' A. MEADER**, Wavus 2018; [Wavus Intro II - Kindness]; Freeport, ME

**SARAH MEIGS**, Wavus 2016-18; [Wavus First Session - Allagash III]; Philadelphia, PA

**CLAIRE W. MENSCH**, Wavus 2013-18; [Wavus Second Session - Long Voyage I]; Rhinebeck, NY

**ELIZABETH 'LIBBY' MENSCH**, Wavus 2012-18; [Wavus Second Session - Maine Trails II]; Rhinebeck, NY

**ELSIE MICHAELSON**, Wavus 2016-18; [Wavus First Session - Narragansett]; Brooklyn, NY

**AVA 'AVA MAE' M. MIERZ**, Wavus 2018; [Wavus Intro I - Courage]; Rockport, MA

**MILA MIJAILOVIC**, Wavus 2018; [Wavus Second Session - Omaha]; Los Angeles, CA

**SKY M. MOLLER**, Wavus 2015-18; [Wavus Second Session - Cherokee]; Greenwich, CT

**AVA MOMSEN**, Wavus 2016-18; [Wavus Second Session - Mohawk]; New York, NY

**VIVIAN 'VIV' MONOPOLI**, Wavus 2015-18; [Wavus Second Session - Narragansett]; Larchmont, NY

**ELIZA E. MOORHEAD**, Wavus 2017-18; [Wavus First Session - Osage]; Portland, ME

**MARGARET 'MOLLY' J. MORAN**, Wavus 2018; [Wavus Intro I - Responsibility]; Charlotte, NC

**MAE J. MORELLI**, Wavus 2017-18; [Wavus First Session - Cherokee]; Charlestown, MA

**MARY CLAIRE MORGAN**, Wavus 2014-16; 2018; [Wavus First Session - Wawanock]; Chatham, NJ

**JANE MORO**, Wavus 2016-2018; [Wavus First Session - Cheyenne]; Greenwich, CT

**LAUREN E. MORSILLI**, Wavus 2018; [Wavus Intro II - Courage]; Weston, MA

**MARGARET 'AVA' A. MOSELEY**, Wavus 2013-18; [Wavus First Session - Long Voyage I]; Philadelphia, PA

**ALICE MOSKOVITZ**, Wavus 2015-18; [Wavus First Session - Allagash II]; Rockport, ME

**ELLA B. MOUFARRIGE**, Wavus 2017-18; [Wavus Second Session - Algonquin II]; New York, NY

**LIV Z. MOUFARRIGE**, Wavus 2017-18; [Wavus Second Session - Cayuga]; New York, NY

**AINSLEY R. MULDOON**, Wavus 2017-18; [Wavus Second Session - Cheyenne]; New York, NY

**ARDEN V. MULDOON**, Wavus 2018; [Wavus Intro II - Responsibility]; New York, NY

**MAEVE C. MULLEN**, Wavus 2013-18; [Wavus First Session - Allagash III]; Palm Beach, FL

**PAIGE M. MURPHY**, Wavus 2018; [Wavus First Session - Narragansett]; Essex, MA

**CAMPBELL M. MUSSLEWHITE**, Wavus 2013-18; [Wavus Second Session - Long Voyage I]; Washington, DC

**PARKER D. MUSSLEWHITE**, Wavus 2015-18; [Wavus Second Session - Narragansett]; Washington, DC

**QUEEN T. MUTUNZI**, Wavus 2018; [Wavus Intro I - Courage]; Westbrook, ME

**CLARA V. NALLE**, Wavus 2015-18; [Wavus First Session - Osage]; Dobbs Ferry, NY

**LOEWY G. NALLE**, Wavus 2018; [Wavus Intro I - Respect]; Dobbs Ferry, NY

**SHIVANI R. NELSON**, Wavus 2015-18; [Wavus First Session - Abenaki]; Washington, DC

**WINIFRED 'WINNIE' C. NEWMAN**, Wavus 2018; [Wavus Second Session - Mohawk]; New York, NY

**CAROLINE C. NICCOLINI**, Wavus 2014-18; [Wavus Second Session - Wawanock]; Baltimore, MD

**ELIZABETH 'IZZY' H. NIELSEN**, Wavus 2012-18; [Wavus Second Session - Long Voyage I]; Chicago, IL

**CARTER E. O'CONNELL**, Wavus 2018; [Wavus Intro I - Courage]; Summit, NJ

**ELIZA OLSEN**, Wavus 2016-18; [Wavus Second Session - Mohawk]; Chestnut Hill, MA

**PAGE E. OLSON**, Wavus 2015-18; [Wavus Second Session - Penobscot]; Walpole, ME

**MARTHA 'MINNIE' M. O'MALLEY**, Wavus 2018; [Wavus Intro II - Responsibility]; New York, NY

**BEATRICE W. ONEGLIA**, Wavus 2018; [Wavus Intro I - Courage]; New York, NY

**AVERY S. PACKARD**, Wavus 2013-18; [Wavus Second Session - Wawanock]; Chestnut Hill, MA

**OLIVE E. PADGETT**, Wavus 2012-14 & 2016-18; [Wavus Second Session - Long Voyage II]; Whitefield, ME

**PHOEBE PADGETT**, Wavus 2017-18; [Wavus Second Session - Algonquin II]; Whitefield, ME

**ELOISE F. PALKIMAS**, Wavus 2018; [Wavus Second Session - Abenaki]; Belmont, MA

**KENDAL W. PARKER**, Wavus 2012-18; [Wavus First Session - Allagash I]; Weston, MA

**DELANEY PASCUZZO**, Wavus 2016-18; [Wavus Second Session - Penobscot]; West Bath, ME

**HONOR T. PATON**, Wavus 2011-18; [Wavus Second Session - Long Voyage I]; Cambridge, MA

**MAEGAN N. PAUL**, Wavus 2015-18; [Wavus Second Session - Long Voyage I]; New York, NY

**SOFIA 'SOFI' PENALVER**, Wavus 2016; 2018; [Wavus Second Session - Allagash II]; Coral Gables, FL

**JULIA 'GRACE' G. PEPPER**, Wavus 2018; [Wavus First Session - Ojibway]; Ambler, PA

**LORNA E. PETERS**, Wavus 2015-18; [Wavus First Session - Allagash II]; Dallas, TX

**ALISON 'ALI' G. PETERSON**, Wavus CIT1 2018; Wavus 2012-17; [Wavus CIT 1 - ]; Newburyport, MA

**SONIA F. PETTINELLI**, Wavus 2017-18; [Wavus First Session - Algonquin]; Chicago, IL

**JILLIAN PFAFF**, Wavus 2016-18; [Wavus First Session - Omaha]; Chicago, IL

**ALICE PIERCE**, Wavus 2017-18; [Wavus Intro I - Kindness]; New York, NY

**MATTIE PIERCE**, Wavus 2016-18; [Wavus Second Session - Narragansett]; Yarmouth, ME

**ASHBY PLEXICO**, Wavus 2018; [Wavus Intro II - Respect]; Tiburon, CA

**JULIA M. POGGI**, Wavus 2015-18; [Wavus Second Session - Long Voyage II]; Chevy Chase, MD

**ZOE S. POLSKY**, Wavus 2018; [Wavus Second Session - Algonquin]; Chicago, IL

**ANNA M. POWELL**, Wavus 2017-18; [Wavus Second Session - Mohawk]; Baltimore, MD

**JULIA H. POWELL**, Wavus 2017-18; [Wavus Second Session - Wawanock]; Baltimore, MD

**CARSON R. PRESSLEY**, Wavus 2018; [Wavus Intro I - Kindness]; Atlanta, GA

**CAROLINE W. X. PUTNAM**, Wavus 2017-18; [Wavus First Session - Abenaki]; Philadelphia, PA

**VALENTINA REALE**, Wavus 2017-18; [Wavus First Session - Cheyenne]; Warren, NJ

**CECELIA 'CECE' REALI**, Wavus 2018; [Wavus Intro II - Kindness]; Chatham, NJ

**SLOANE C. REALI**, Wavus 2018; [Wavus Second Session - Abenaki]; Chatham, NJ

**HAMPTON C. REDDOCH**, Wavus 2017-18; [Wavus First Session - Cherokee]; Rye, NY

**MAEVE M. REDMOND**, Wavus 2013-18; [Wavus First Session - Penobscot]; Princeton, NJ

**CALA P. REUTER**, Wavus 2018; [Wavus Intro I - Responsibility]; Mexico City, Mexico

**MAE Q. M. RICHARDSON**, Wavus 2018; [Wavus Second Session - Allagash III]; Kennebunkport, ME

**PAIGE Q. RIEGEL**, Wavus 2018; [Wavus Intro II - Responsibility]; Providence, RI

**PEYTON B. RIEGEL**, Wavus 2017-18; [Wavus Second Session - Mohawk]; Providence, RI

**AMELIA RIEPE**, Wavus 2017-18; [Wavus Second Session - Algonquin II]; Washington, DC

**SUSANNA RITTENBERRY**, Wavus 2015-18; [Wavus First Session - Narragansett]; New Canaan, CT

**SOPHIA 'SOPHIE' P. ROCKEFELLER**, Wavus 2011-18; [Wavus Second Session - Maine Trails II]; Baltimore, MD

**AVELINE L. RODERICK**, Wavus 2013-18; [Wavus Second Session - Long Voyage I]; St. James, NY

**CAROLINE ROGERS**, Wavus 2016-18; [Wavus Second Session - Cherokee]; Chicago, IL

**KATE ROGERS**, Wavus 2018; [Wavus First Session - Cherokee]; Rye, NY

**SOPHIA P. ROGERS**, Wavus 2012-18; [Wavus Second Session - Allagash III]; Chicago, IL

**SCARLETT P. ROOKS**, Wavus 2018; [Wavus Second Session - Mohawk]; Southampton, NY

**ELEANOR ROSE**, Wavus 2018; [Wavus Intro I – Courage]; Greenwich, CT

**CHRISTINA ‘TRACY’ T. ROSENBERG**, Wavus 2013-18; [Wavus Second Session - Long Voyage II]; Malvern, PA

**EVA J. ROSSMASSLER**, Wavus 2014-17; [Wavus First Session - Ojibway]; Middlesex, VT

**ANNA E. ROTH**, Wavus 2015-18; [Wavus First Session - Wawanock]; Old Greenwich, CT

**VALENTINA ‘NINA’ S. ROZEFF**, Wavus 2014-18; [Wavus Second Session - Wawanock]; Salsbury Cove, ME

**GRACE A. RUBINSTEIN**, Wavus 2014-18; [Wavus Second Session - Wawanock]; Brookside, NJ

**ARIADNA ‘ARI’ RUBIRALTA**, Wavus 2017-18; [Wavus First Session - Cheyenne]; Barcelona, Spain

**CLARA RUBIRALTA**, Wavus 2018; [Wavus First Session - Omaha]; Barcelona, Spain

**SOPHIA E. RUSSO**, Wavus 2015-18; [Wavus Second Session - Wawanock]; Wellesley, MA

**CECILIA SAAD**, Wavus 2016-18; [Wavus First Session - Cayuga]; Roslyn Harbor, NY

**SOPHIE P. SAMPLINER**, Wavus 2017-18; [Wavus Second Session - Abenaki]; Boulder, CO

**BERKELEY SANDO**, Wavus 2016-18; [Wavus Second Session - Penobscot]; Newtown Square, PA

**ELEANOR ‘ELLIE’ V. SANDT**, Wavus CIT1 2018; Wavus 2011-18; [Wavus CIT 1 - ]; Byfield, MA

**DANA N. SANTOS**, Wavus 2018; [Wavus First Session - Mohawk]; Newtown, PA

**CAROLINE E. SAPIR**, Wavus 2011-18; [Wavus First Session - Long Voyage II]; Chapel Hill, NC

**CLAIRE B. SAUNDERS**, Wavus 2017-18; [Wavus Second Session - Abenaki]; Wilmington, DE

**KATHERINE ‘KATIE’ J. SAUNDERS**, Wavus 2018; [Wavus Second Session - Wawanock]; Wilmington, DE

**EMMA H. SAWATZKY**, Wavus 2017-18; [Wavus First Session - Cherokee]; Chestnut Hill, MA

**NORAH SCHEINER**, Wavus 2016-18; [Wavus First Session - Osage]; Shaker Heights, OH

**CHLOE SCHIFF**, Wavus 2018; [Wavus Intro II - Responsibility]; New York, NY

**LUCIANA ‘LULU’ SCHINELLA**, Wavus 2013-14, 2016-18; [Wavus Second Session - Long Voyage II]; Kentfield, CA

**INGRID A. SCHRAG**, Wavus 2018; [Wavus Intro I - Respect]; Boston, MA

**ROSEMARY ‘MARY’ SCHWARZ**, Wavus 2015, 2018; [Wavus Second Session - Osage]; San Carlos, CA

**ANNE D. SEAMAN**, Wavus 2011-18; [Wavus Second Session - Maine Trails I]; Lake Forest, IL

**JACQUELINE 'BROOKE' B. SEMLER**, Wavus 2013-18; [Wavus First Session - Allagash III]; West Palm Beach, FL

**ALEXIS SHAFER**, Wavus 2018; [Wavus Intro II - Courage]; Boston, MA

**CELIA 'CICI' P. SHAW**, Wavus 2015-18; [Wavus First Session - Narragansett]; Charlotte, NC

**STORR 'STOREY' B. SHEFFERMAN**, Wavus 2016-18; [Wavus First Session - Cayuga]; New York, NY

**ABIGAIL 'ABBY' B. SILBERMAN**, Wavus 2018; [Wavus Second Session - Narragansett]; Brookline, MA

**PAYTEN M. GRAVES/SIMMONS**, Wavus 2018; [Wavus Second Session - Narragansett]; Akron, OH

**LUCY R. SIMON**, Wavus 2013-18; [Wavus First Session - Penobscot]; Princeton, NJ

**CAROLINE SLATTERY**, Wavus 2017-18; [Wavus Second Session - Penobscot]; Narberth, PA

**ABAGAIL 'ABBY' M. SLIMMONS**, Wavus 2012-18; [Wavus First Session - Long Voyage II]; Chicago, IL

**JACQUELINE 'JACKIE' P. SLIMMONS**, Wavus 2015-18; [Wavus First Session - Wawanock]; Chicago, IL

**JULIA M. SMIDA**, Wavus 2018; [Wavus Intro I - Kindness]; Haverhill, MA

**CARA V. SMITH**, Wavus 2015-18; [Wavus Second Session - Cherokee]; Darien, CT

**FRANCES 'FRANNIE' A. SMITH**, Wavus 2012-18; [Wavus Second Session - Long Voyage I]; Washington, DC

**KEEGAN L. SMITH**, Wavus 2014-2018; [Wavus Second Session - Allagash I]; Darien, CT

**AUDRA SONI**, Wavus 2016; 2018; [Wavus Second Session - Omaha]; Boston, MA

**MAIA SONI**, Wavus 2018; [Wavus Intro II - Respect]; Boston, MA

**EMERSON A. SOUDER**, Wavus 2015-18; [Wavus Second Session - Ojibway]; Chicago, IL

**SAMANTHA 'SAMMY' R. SPEEGLE**, Wavus 2012-14, 2017-18; [Wavus First Session - Maine Trails I]; Bedford Hills, NY

**KINSALE J. STEEDMAN**, Wavus 2015-18; [Wavus First Session - Maine Trails I]; Falmouth, MA

**MARION 'AINSLEY' A. STEELE**, Wavus 2013-18; [Wavus Second Session - Long Voyage II]; Wynnewood, PA

**MARINA STEINLE**, Wavus 2017-18; [Wavus First Session - Allagash III]; West Palm Beach, FL

**BLAKE STENTA**, Wavus 2017-18; [Wavus Intro II - Respect]; Medfield, MA

**ASHLEIGH R. STEPNOWSKI**, Wavus 2013-2014, 2016-18; [Wavus Second Session - Penobscot]; South Glastonbury, CT

**JULIA H. STEPNOWSKI**, Wavus 2018; [Wavus Intro II - Responsibility]; South Glastonbury, CT

**KELLY A. STEPNOWSKI**, Wavus 2014-18; [Wavus Second Session - Ojibway]; South Glastonbury, CT

**LINDSAY M. STEPNOWSKI**, Wavus 2016-18; [Wavus Second Session - Mohawk]; South Glastonbury, CT

**SAMANTHA ‘SAMMY’ A. STEVENS**, Wavus 2013-18; [Wavus First Session - Allagash I]; Darien, CT

**SAMANTHA ‘SAM’ C. STEVENSON**, Wavus 2014-16; 2018; [Wavus Second Session - Allagash II]; Williamstown, MA

**MARGARET ‘MEG’ H. STINEMAN**, Wavus 2015-18; [Wavus First Session - Narragansett]; Chicago, IL

**MEGAN D. STONE**, Wavus 2017-18; [Wavus Second Session - Osage]; Bloomfield, CT

**MARLEY STORER**, Wavus 2016-18; [Wavus Second Session - Osage]; Newcastle, ME

**JUSTINE STREICHENBERGER**, Wavus 2016-18; [Wavus Second Session - Long Voyage I]; Chene-Bougeries, Switzerland

**MAEVE A. SULLIVAN**, Wavus 2014-18; [Wavus Second Session - Long Voyage II]; Bethesda, MD

**MARGUERITE ‘MOLLY’ K. SULLIVAN**, Wavus 2014-18; [Wavus Second Session - Allagash II]; Bethesda, MD

**UMA B. SUNDARAM**, Wavus 2017-18; [Wavus First Session - Wawanock]; New York, NY

**KATIEMAE SWEENEY**, Wavus 2018; [Wavus Intro I - Courage]; Wantagh, NY

**DAPHNE B. SZAKATS**, Wavus 2014-18; [Wavus First Session - Wawanock]; Bedford Corners, NY

**ALEXANDRATAN**, Wavus 2015-18; [Wavus Second Session - Abenaki]; Devon, PA

**ELSA D. TANSILL**, Wavus 2018; [Wavus Intro II - Responsibility]; Portland, OR

**ANNABELLE G. TAUBE**, Wavus 2018; [Wavus Intro I - Kindness]; New York, NY

**GABRIELLA ‘GABBY’ TAVOLATO**, Wavus 2017-18; [Wavus First Session - Long Voyage II]; Fairfield, CT

**ELLA C. TEVALD**, Wavus 2018; [Wavus Second Session - Narragansett]; Brookline, MA

**CLARA J. THIBAUT**, Wavus 2017-18; [Wavus Second Session - Cheyenne]; Brookline, MA

**ZOE C. THIERFELDER**, Wavus 2011, 2013-18; [Wavus Second Session - Maine Trails II]; Princeton, NJ

**ELEANOR THORMAN**, Wavus 2016-18; [Wavus First Session - Allagash II]; Denver, CO

**VICTORIA THORMAN**, Wavus 2017; [Wavus First Session - Ojibway]; Denver, CO

**CAROLINE W. THUT**, Wavus 2015-18; [Wavus Second Session - Abenaki]; Concord, MA

**ALEXANDRA TIGER**, Wavus 2016-18; [Wavus Second Session - Penobscot]; New York, NY

**SABRINA TIGER**, Wavus 2017-18; [Wavus Second Session - Abenaki]; New York, NY

**GRACE 'GRACIE' TILLOTSON**, Wavus 2016-18; [Wavus Second Session - Cherokee]; Chappaqua, NY

**CARLY E. TILSON**, Wavus 2011-18; [Wavus First Session - Maine Trails I]; North Andover, MA

**JANE C. TORTORELLA**, Wavus 2014-18; [Wavus Second Session - Allagash I]; Old Greenwich, CT

**LEAH B. TOUCHSTONE**, Wavus 2015-18; [Wavus Second Session - Cherokee]; Dallas, TX

**ALEXANDRA C. TOULIATOS**, Wavus 2012-18; [Wavus First Session - Allagash III]; Memphis, TN

**LOGAN C. TRULUCK**, Wavus 2011-18; [Wavus First Session - Maine Trails I]; Bath, ME

**MADLINE 'MADDIE' TURITZ**, Wavus 2018; [Wavus Intro II - Courage]; Winnetka, IL

**CLIO TURNER**, Wavus 2014; 2017-18; [Wavus First Session - Abenaki]; Mill Valley, CA

**SOPHIA M. TURNER**, Wavus 2018; [Wavus Second Session - Omaha]; London, United Kingdom

**CAROLINE L. VALDES**, Wavus 2014-17; [Wavus First Session - Ojibway]; Victoria, TX

**ELIZABETH 'LIZZIE' L. VALDMANIS**, Wavus 2014-18; [Wavus Second Session - Allagash I]; Portland, ME

**LAURENS W. VAN ALEN**, Wavus 2013, 2015-18; [Wavus First Session - Maine Trails I]; Newtown Square, PA

**EMMA C. VICKERY**, Wavus 2018; [Wavus Intro II - Kindness]; Portland, ME

**VERA VON FALKENHAUSEN**, Wavus 2018; [Wavus First Session - Wawanock]; Oberursel, Germany

**EMILY S. WAGG**, Wavus 2012-18; [Wavus First Session - Maine Trails I]; Portland, ME

**EMMA G. WAGNER**, Wavus 2017-18; [Wavus Second Session - Cayuga]; New York, NY

**KAYDENCE 'KAYDE' M. WALKER**, Wavus 2017-18; [Wavus Second Session - Omaha]; Pemaquid, ME

**GRACE K. WALSH**, Wavus 2018; [Wavus Intro II - Respect]; Madison, NJ

**LILY M. WEBBER**, Wavus 2014-18; [Wavus First Session - Allagash I]; South Hamilton, MA

**ANYA F. WEINSTEIN**, Wavus 2018; [Wavus Intro II - Courage]; Tucson, AZ

**JOSEPHINE S. WELLONS**, Wavus 2014-18; [Wavus First Session - Wawanock]; Montchanin, DE

**KEMBLE S. WELLONS**, Wavus 2017-18; [Wavus First Session - Cheyenne]; Montchanin, DE

**ALLEGRA C. C. WHYATT**, Wavus 2018; [Wavus Intro II - Kindness]; Hong Kong, China

**FLAVIA M. C. WHYATT**, Wavus 2018; [Wavus Intro II - Responsibility]; Hong Kong, China

**JANE L. WIKE**, Wavus 2015-18; [Wavus First Session - Abenaki]; Red Hook, NY

**LILY P. WIKE**, Wavus 2014-18; [Wavus First Session - Allagash I]; Pleasantville, NY

**ROSE 'ROSIE' M.V. WIKE**, Wavus 2015-18; [Wavus First Session - Osage]; Red Hook, NY

**BRYONY 'BRY' J. WILLIAMS**, Wavus 2014-18; [Wavus Second Session - Maine Trails II]; Owings Mills, MD

**GRACE 'GRACIE' T. WILLIAMS**, Wavus 2018; [Wavus Intro I - Responsibility]; Alexandria, VA

**ABIGAIL 'ABBA' G. WILSON**, Wavus CIT2 2018, Wavus 2010-17; [Wavus CIT 2 - ]; South Salem, NY

**BRIDGET E. WILSON**, Wavus 2011-18; [Wavus Second Session - Allagash III]; South Salem, NY

**KATHARINE TAYLOR 'KAY TAYLOR' T. WINTHROP**, Wavus 2018; [Wavus Intro I - Kindness]; Washington, DC

**GEORGINA WOLFSON**, Wavus 2016-18; [Wavus First Session - Omaha]; Bedford Corners, NY

**LINDSEY S. WOLK**, Wavus 2015-18; [Wavus First Session - Allagash II]; Chestnut Hill, MA

**ANNA C. WOOD**, Wavus CIT2 2018, Wavus 2012-15; [Wavus CIT 2 - ]; Princeton, NJ

**JESSICA WOODHAMS**, Wavus 2012-18; [Wavus First Session - Maine Trails II]; London, United Kingdom

**PEYTON WOODS**, Wavus 2017-18; [Wavus First Session - Mohawk]; New York, NY

**HAYES WOODWARD-BOSS**, Wavus 2017-18; [Wavus Second Session - Cheyenne]; Haverford, PA

**PAIGE E. WORTMAN**, Wavus 2013-18; [Wavus First Session - Allagash I]; Bernardsville, NJ

**LYDIA M. WRIGHT**, Wavus 2014-18; [Wavus First Session - Penobscot]; Johnstown, OH

**GREER A. WYLER**, Wavus 2018; [Wavus Intro I - Kindness]; Washington, DC

**PAYTON E. WYLER**, Wavus 2018; [Wavus Intro I - Responsibility]; Washington, DC

**ELLA YELLIN**, Wavus 2017-18; [Wavus Second Session - Penobscot]; New York, NY

**PAIGE E. ZAMSKY**, Wavus 2013-18; [Wavus Second Session - Allagash III]; Darien, CT

**ALISON E. ZIERDEN**, Wavus 2016-18; [Wavus First Session - Mohawk]; Franklin, TN

**LUCY 'LULU' H. ZUKER**, Wavus 2017-18; [Wavus Second Session - Cayuga]; Brookline, MA

**ROSE 'ROSIE' A. ZUKER**, Wavus 2018; [Wavus Intro II - Responsibility]; Brookline, MA



### **JUNIOR WAVUS RESPONSIBILITY – FIRST SESSION**

Front: Grace Williams, Cala Reuter, Payton Wyler, Allegra Abrams, Caroline Gardiner, Lilliam Clare, Gemma Friend; Middle: Molly Brown, Lily Eaton, Wellesley McNally, Ivy Brown, Annemarie Boland, Sonia Agarwal; Back: JC Grace Heffernan, JC Julia Danielson, JC Tiki Haub, HBC Lily Tromanhauser



### **JUNIOR WAVUS RESPECT – FIRST SESSION**

Front: Ingrid Schrag, Kiera Lindsey, Sadie Flecker, Georgia Gooder, Loewy Nalle, Eleni Davis, Sadie Cameron; Middle: Bebe Heekin, Eliza DeChristopher, Abby Bastos, Aalia Choudhry, Bevin Hakizimana, Megan Bastos; Back: HBC Andrea Silvestri, HBC Gwen Viles, JC Goretti Miguelez, CIT Story Hentoff



### **JUNIOR WAVUS COURAGE – FIRST SESSION**

Front: Isabella Gonzelez, Beatrice Oneglia, Maggie Hertzmark, Sophia Maddock, Isabel Lindstrom, Marywinston Codraro, Katie Mae Sweeney; Middle: Nora Keithline, Ava Mae Mierz, Eleanor Rose, Queen Mutzuni, Carter O’Connell, Hazel Guthrie; Back: CIT Ellie Sandt, JC Cameron Woods, JC Eliza Pohle, HBC Valeria Gonzalez



### **JUNIOR WAVUS KINDNESS – FIRST SESSION**

Front: Sophia Kahn, Julia Smida, Annabella Taube, Kennedy Kraneburg, Greer Wyler, Seton Faucett, Mandy Friedman; Middle: Carson Pressley, Katharine Taylor Winthrop, Hadley Dean, Alice Pierce, Ava Lord, Claire Fugelsang; Back: JC Anna Sandt, CIT Ali Peterson, JC Jordanna Roet, HBC Liv Small



### **ALGONQUIN – FIRST SESSION**

Front: Lilly Bostwick, Abby Kellett, Charlotte Guthrie, Paige D’Anna, Grace Hazelton, Virginia Georges; Back: JWJC Grace Hefferman, JC Raven Ferri, Ava Linehan, Juliet Burwell, Sylvie McGoldrick, Sonia Pettinelli, HBC Casey Walsh, JC Betsy Hu



### **MOHAWK – FIRST SESSION**

Front: Chloe Holden, Kate Durkin, Avery Khetani, Carson McNichol, Willa Courtney, Hope Hyde; Back: JWJC Julia Danielson, Isadora Hrabe, Maggie Farley, Alison Zierden, Dana Nicole Santos, Peyton Woods, Filippa Hopfen, HBC Ella Janvier



### **CHEYENNE – FIRST SESSION**

Front: Annie Koehler, Annabel deForest Keys, Lily Mae Awamleh, Valentina Reale, Ari Rubrialta, Alexa Hazelton; Back: JC Cricket Dotson, Kemble Wellons, Jane Moro, Louisa Gosk, Tegan Farley, Olivia DeLuca, Margaux Firmenich, HBC Caroline Crossley, HBC Marina Romero Gros



### **CAYUGA – FIRST SESSION**

Front: Katie D’Anna, Cristiana May, Charlotte Adamo, Patra Farikis, Fiona Dougherty, Tessa Dougherty; Back: JWJC Goretti Migulelez, Margot Gramblat, Cecilia Saad, Annie Cornell, Genna Marvin, Kiki Hood, JC Sarah Dohler, Storey Shefferman, Charlotte Berman, HBC Martha Bishop



### **CHEROKEE – FIRST SESSION**

Front: Paige Clemmer, Lainey Bender, Kate Rogers, Emma Sawatzky, Georgia Koff-Gilmore, Emma Darling, Mae Morelli; Middle: Hampton Reddoch, Taylor Bainbridge, Katie Buchan, Anne Clifford-Levy, Nole Dickie, Addie Creelman; Back: JC Cam Grimes, JWJC Jordanna Roet, JC Olivia Darnell, HBC Sydney Beck



### **NARRAGANSETT – FIRST SESSION**

Front: Hadley Gribbell, Celia Shaw, Georgie Doerwald, Elsie Michaelson, Stella Laird, Lolo Jordan; Back: JC Katherine Dougherty, HBC Jenny Sneed, Satya Crowley, Samantha Clare, Meg Stineman, Bea Johnson, Susanna Rittenberry, Paige Murphy, JC Jonna Keith



### **OMAHA – FIRST SESSION**

Front: Annie Lopez, Fiona McSweeney, Jillian Pfaff, Murphy Everdell, Georgia Wolfson, Clara Rubriatta; Back: Kaitlin Gottesgen, JC Kate McKee, HBC Charlotte Phillips, Mary Genthner, Eleanor Estavillo, Eloise Benchley, Fiona Gosk, JV Kelea Gale, JC Nathalie Unger



### **OJIBWAY – FIRST SESSION**

Front: Sarah McVean, Ellery Axel, Kat Mazansky, Eva Rossmassler, Caroline Valdes; Back: JC Lizzy McGrady, JC Ella Engel, Grace Pepper, Tori Thorman, Caroline Churchman, JWJC Cameron Woods, HBC Aisha Rickford



### **OSAGE – FIRST SESSION**

Front: Clara Nalle, Caroline Betty, Celia Brinker, Claire Lang, Anya Foley, Norah Scheiner; Back: JC Sophia Linkas, JC Bailey Ytterdahl, Eliza Moorhead, Rose Wike, Ava Mallow, HBC Anna McKee



### **ABENAKI – FIRST SESSION**

Front: Caroline Putnam, Shivani Nelson, Jane Wike, Molly Brown, Natalie Anderson; Back: JC Margaux Forcione, Clio Turner, Hannah Knowlton, Mariel Eisele, Lyla Guthrie, Lily Johnson, Victoria Abbott, JC Madison Gesner, HBC Perry Hicks



### **WAWANOCK – FIRST SESSION**

Front: Maeve Farley, Bettina Holden, Mia Boudouvas, Madeline Johnston, Pepper Clayton, Daphne Szakats, Mary Claire Morgan; Back: JC Maggie Rumley, Ruby Cameron, Vera von Faulkenhausen, Uma Sundaram, Anna Roth, Josephine Wellons, Jacqueline Slimmons JC Austin Gatchell, HBC Diamond Stevens



### **PENOBSCOT – FIRST SESSION**

Front: Sydney Clemmer, Stella Firmenich, Lydia Wright, Alex Glomb, Amanda Cashman, Alley Hutchins; Back: JC Lucy Rickerich, JC Caroline Jessup, Maya Marin, Caroline Lawrence, Maeve Redmond, Lucy Simon, Julia Coon, HBC Jess Richter



### **ALLAGASH I – FIRST SESSION**

Front: Guin Buono, Lily Wike, Ockety Fries, Ali Frazier, Tori Darling, Olivia Bagan; Back: JC Laura Friel, JC Megan Harnett, Paige Wortman, Lily Webber, Grace Lang, Sammie Stevens, Kendal Parker, HBC Charlotte Del Col



### **ALLAGASH II – FIRST SESSION**

Bottom (laying down): Emily Cox; Front: Eleanor Thorman, Sarah Casey, Lindsey Wolk, Sofia Penalver; Back: JC Kathryn Antonatos, HBC Bailey Sherwnin, Addie Brinkler, Cosima Curran, Lorna Peters, JC Georgia Dettman; Missing: Alice Moskovitz



### **ALLAGASH III – FIRST SESSION**

Front: Sarah Neigs, Bronte Levin, Alexandra McVean, Catherine Insley, Alexandra Touliatos; Back: JC Isabel Adler, Maeve Mullen, Brooke Semler, Marina Steinle, Lexie Jacobs, Isabel Clare, HBC Jade Koenigs



### **LONG VOYAGE I – FIRST SESSION**

HBC Caitlin Wood, Sky Charlesworth, Hannah Casey, Ava Moseley, Ellie LaCasse, JC Katherine Jessup



### **LONG VOYAGE II – FIRST SESSION**

Front: Caroline Sapis, Gabby Tavalato, Mabel McNamara; Back: HBC Abby Heher, Eve Elkins, Chiara Kremer, Delia Duggan, Eloise Hartford, Cavan Duffy, Abby Slimmon, HBC Tsipora Hacker



### **MAINE TRAILS I – FIRST SESSION**

Front: Elle Christine, Jessica de la Bastide, Carly Tilson; Back: Izzy Rourke, Kinsale Steedman, Laurens Van Alen, Sammy Speegle, Leah Antonatos, Julia Binder, Logan Truluck, Emily Wagg, Sarah Wilson



### **MAINE TRAILS II – FIRST SESSION**

JC Hannah Frater, Dana Matthias, Jessica Woodhams, Ellis Dougherty, Charlotte Epker, Cloey McNichol, Greta Horgan, Sedona Gillard, HBC Molly Tucker





### **JUNIOR WAVUS RESPONSIBILITY – SECOND SESSION**

Front: Olivia Johnson, Phoebe Lapham, Chloe Schiff, Martha O'Malley, Julia Stepnowski, Elsa Tansill, Adren Muldoon; Middle: Rose Zuker, Olivia Lebel, Flavia Whyatt, Emily Anderson, Mahate Carreiro, Paige Riegel; Back: JC Ella Engel, HBC Abby Heher, CIT Maggie Burke, JC Austin Gatchell



### **JUNIOR WAVUS RESPECT – SECOND SESSION**

Front: Lyla McKechnie, Ashby Plexico, Rose Keswick, Maia Soni, Emma Kiernan, Madeline Galligen; Middle: Maia Deming, Irene Keswick, Berkeley Long, Grace Stenta, Katie Connor-VanDyke, Blake Stent, Shannon Bickford; Back: JC Tiki Haub, HBC Gwen Viles, HBC Katherine Jessup, CIT Aspen Laurita-Spanglet



### **JUNIOR WAVUS COURAGE – SECOND SESSION**

Front: Evelyn Betsill, Lauren Morsilli, Alexis Shafer, Maddie Turitz, Mae Lawrence, Finley Frenkel, Rosemary Lord; Middle: Victoria Floyd, Julia Hepp, Lydia Cressey-Dodge, Byers Martin, Anya Weinstein, Cecilia Chadbourne and Westerley Gray; Back: JC Grace Neaumiller, CIT Anna Wood, JC Julia Daniels, HBC Diamond Stevens



### **JUNIOR WAVUS KINDNESS – SECOND SESSION**

Front: Rachel Meader, Sloane Reali, Bronwyn Bluestein, Sadie Juvonen, Josephine Floyd, Carlote Lopez-Aranguren, Eda Keswick; Middle: Allegra Whyatt, Emily Fonner, Emma Vickery, Madeleine Davont, Tatum Jerosch, Berit Blankenship, Teagan Cook; Back: CIT Abba Wilson, HBC Marina Romero Gros, JC Sarah Dohler, JC Georgia Dettmann



### **ALGONQUIN I – SECOND SESSION**

Front: Kat Bensley, Marissa Hennigan, Kendahl Graves, Leila Campbell; Back: JC Grace Hefferan, JWJC Marina Romero Gros, Hannah Flaherty, Maggie Hansen, JC Caroline Haywood, Sophia Cotter, Zoe Polsky, JWJC Ella Engel, HBC Sarah Wilson



### **ALGONQUIN II – SECOND SESSION**

Front: Ellie Eile, Charlotte Fritz, Annie McBrady, Hayden Keelty, Phoebe Padgett, Nathalie Fenton, Rachel Eile; Back: JC Ella Janvier, JC Maxi Luchinga, Ella Moufarrige, Meri Rose Garnett, Amelia Riepe, Alice Chavarot, HBC Caitlin Wood, JC Caroline Peters



### **MOHAWK – SECOND SESSION**

Front: Caroline Christu, Beatrice Baum, Winifred Newman, Molly McDonald, Gwyneth Ferguson, Paige Georgi, Anna Powell, Peyton Riegel; Back: JC Joanna Keith, JC Kate McKee, Lindsay Stepnowski, Ava Momsen, Eliza Olsen, Clara Espenshade, Scarlett Rocks, HBC Casey Walsh



### **CHEYENNE – SECOND SESSION**

Front: Morgan Boss, Eliza Brooks, Victoria Fowler, Maddie Evers, Amelia Dedekian, Greta Biggins, CeCe Harris; Back: JWJC Grace Neumiller, HBC Valeria Gonzalez, Hayes Woodward, Clara Thilbault, Ainsley Muldoon, Natalie Blazovic, Caroline Costello, Grace Kaplan, JC Cam Woods, JC Betsy Hunt



### **CAYUGA – SECOND SESSION**

Front: Ava Doherty, Emma Wagner, Ava Linker, Carly McNamara, Lulu Zuker, Addison Gray, Evelyn Durey; Back: JC Amanda Chadwick, JWJC Julia Danielson, Emily Harlan, Betsy Burton, Liv Moufarrige, Aria Bevacqua, McKenna Flowers, Lucy Booma, HBC Molly Tucker, JC Izzy Rourke



### **CHEROKEE – SECOND SESSION**

Front: Margie Geraghty, Inga Iverson, Elyse LeBrun, Margaret Gilligan; Back: JWJC Georgia Dettman, JC Maggie Rumley, Skye Moller, Sophie Holland, Kate Fahrman, Leah Touchstone, Caroline Rogers, Jane Mallory, Whitney Grunow, Gracie Tillotson, Cara Smith, JC Gorgetti Miguelez, HBC Tsipora Hacker



### **NARRAGANSETT – SECOND SESSION**

Front: Ella Tevald, Natalie Barnett, Ellie Kiernan; Middle: Livy McEniry, Abby Silberman, Campbell Bonanno, Viv Monopoli, Amelie Bonanno; Back: JC Isabel Adler, HBC Emma Zetterberg, Nevaeh Depina, Mattie Pierce, Alexandra Hedges, Peyton Simmons-Graves, Parker Musslewhite, HBC Cynthia Kellett, JWJC Sarah Dohler



### **OMAHA – SECOND SESSION**

Front: Emse Coes, Kaydence Walker, Audra Soni, Sophia Turner, Grace Durey; Back: JC Kathryn Antonatos, Ksenia Boyarkova, Alexandra Huck, Mila Mijalovic, Caroline Hart, Brooke Brenner, HBC Charlotte Del Col, JC Anna Sandt



### **OJIBWAY – SECOND SESSION**

Front: Chloe Levine, Ava Mallow, Gracen Gainor, Charlotte Kiser, Amy Lewis, Anna Maiolo; Back: JC Zara Norman, JC Jordanna Roet, Emerson Souder, Holly Jean Burke, Lauren Dubois, Kelly Stepnowski, Hadley Fearey, Kenzie Larkin, HBC Sophia Cronin



### **OSAGE – SECOND SESSION**

Front: Mary Schwarz, Paysen Day, Megan Stone, Ryland McDonald; Back: JC Hannah Frater, Nina Angella, Avery Fitzpatrick, Emmie Fitzpatrick, Marley Storer, HBC Liv Small, JC Kathryn Hintz



### **ABENAKI – SECOND SESSION**

Front: Caroline Daub, Caitlyn Jeffrey, Alex Tan, Lily Harlan, Myah Hansen, Anna Khatskelevich; Back: JC Katharine Dougherty, Claire Saunders, Sophie Sampliner, Eloise Palkimas, Sabrina Tiger, Caroline Daub, Cecelia Real, HBC Sydney Beck, JC Sophia Linkas



### **WAWANOCK – SECOND SESSION**

Front: Grace Rubinstein, Paxton Deladino, Nina Rozeff, Caroline Hobelmann, Caroline Niccolini, Sophia Russo; Back: JC Olivia Darnell, Madeline Cournoyer, Julia Powell, Charlotte Duffy, JC Lizzy McGrady, Avery Packard, Katie Saunders, Sydney Boss, HBC Caroline Crosley



### **PENOBSCOT – SECOND SESSION**

Front: Ella Laurita, Audrey Lawlor, Alexandra Tiger, Caroline Slattery, Julia Kelley, Ella Yellin; Back: JC Megan Hartnett, HBC Jade Koenigs, Ashleigh Stepnowski, Berkeley Sando, Delaney Pascuzzo, Caitlin Connell, Gillian Gainor, Page Olsen, JC Lane Kizziah



### **ALLAGASH I – SECOND SESSION**

Front: HBC Alison Obstler, JC Lucy Rickerich, Sasha Levine, Elisabeth Valdmanis, Adelaide Dixon, Allison Eicher, HBC Nat Unger; Back: Kassidy Dighton, Olivia Ames, Jane Tortorella, Taylor Fink, Keegan Smith



### **ALLAGASH II – SECOND SESSION**

Front: Emily Aarts, Samantha Bennett, Charlotte Boss, Molly Sullivan, Natasha Edwards; Back: HBC Caroline Jessup, Samantha Stevenson, Addie Levine, Sara Dayya, Darcy del Real, Blakesley Bonanno, JC Cricket Dotson



### **ALLAGASH III – SECOND SESSION**

Front: Bridget Wilson, Rachel Lewis, Paige Zamsky; Back: JC Bailey Ytterdahl, Mae Richardson, Sophie Rodgers, TC Choeyang, HBC Lily Tromanhauser



### **LONG VOYAGE I – SECOND SESSION**

Front: Aveline Roderick, Campbell Musslewhite, Kara Dominick, Frannie Smith, Honor Paton, Justice Streichenberger; Back: JC Eliza Pohle, JC Cam Grimes, Annie Burton, Kayla Friedman, Claire Mensch, Emma Hoffman, Kiki Kavanagh, Maegan Paul, Izzy Neilsen, HBC Aisha Rickford



### **LONG VOYAGE II – SECOND SESSION**

Front: Olive Padgett, Bilená Dabalén, Julia Poggi, JC Margaux Forcione; Back: HBC Charlotte Phillips, Christina Rosenberg, Marion Steele, Lily D'Oliveira, Maeve Sullivan, Julia Buzacort, Lulu Schinella, HBC Jess Richter



### **MAINE TRAILS I – SECOND SESSION**

Front: HBC Andrea Silvestri, Lucy Del Col, Caroline Mallory, Sky Cole, Anna Seaman, Anna Krush, HBC Anne McKee



### **MAINE TRAILS II – SECOND SESSION**

Lindsay Stewart, Sarah Kelley, Bry Williams, Sophia Rockefeller, Caroline Burke, Zoe Thierfelder, Elizabeth Mensch, Martha Bishop

## **A Day at Wavus**

7:30 - 8:00 a.m.	Morning bell and clean up (add ½ hour on Sundays & rainy days)
8:00 a.m.	Flag Raising & Songs
8:10 a.m.	Breakfast
8:40 - 9:10 a.m.	Duties, Cabin straightening
9:30 - 10:30 a.m.	First Activity Period
10:35 - 11:35 a.m.	Second Activity Period
11:40 - 12:15 p.m.	General swim
12:15 - 12:30 p.m.	Free Time
12:30 p.m.	Lunch/ Afternoon Activity Sign up
1:30 - 2:30 p.m.	Rest period
2:30 - 3:30 p.m.	First Activity
3:33 - 4:35 p.m.	Second Activity
4:40 - 5:15 p.m.	General swim
5:15 - 6:00 p.m.	Free Time
6:00 p.m.	Dinner
7:30 - 8:30 p.m.	Evening Activity
8:30 p.m.	Flag/songs
9:00 - 9:30 p.m.	Lights Out
9:30 - 10:00 p.m.	Flash Light Reading

### **We Were Busy With...**

ARCHERY	ENVIRONMENTAL	POTTERY
ARTS AND CRAFTS	DISCOVERY	TENNIS
BOATING	FISHING	ROPES COURSE
Sailing, canoeing, kayaking	FIELD SPORTS	RIFLERY
TRIP PREP	Soccer, kickball, badminton, volleyball, basketball	SWIMMING
		WOODWORKING
		GARDENING

### **And In The Evening With...**

Cooking, trivia games, drama/improv, music, tag,  
talent shows, specialty crafts, star gazing,  
evening fires with storytelling and s'mores!

# First Session OD Reports

## June 19, 2018 - Opening Day - Kirstie

At our opening flag in the morning, I had the privilege of setting the tone as the OD, or Officer of the Day, by sharing one of my favorite quotes with the staff from *The Velveteen Rabbit* to help the counselors understand that this time with your children is going to enrich their lives as well.

*'Real isn't how you are made,' said the Skin Horse. 'It's a thing that happens to you. When a child loves you for a long, long time, not just to play with, but REALLY loves you, then you become Real.'*

*'Does it hurt?' asked the Rabbit.*

*'Sometimes,' said the Skin Horse, for he was always truthful. 'When you are Real you don't mind being hurt.'*

*'Does it happen all at once, like being wound up,' he asked, 'or bit by bit?'*

*'It doesn't happen all at once,' said the Skin Horse. 'You become. It takes a long time. That's why it doesn't happen often to people who break easily, or have sharp edges, or who have to be carefully kept. Generally, by the time you are Real, most of your hair has been loved off, and your eyes drop out and you get loose in the joints and very shabby. But these things don't matter at all, because once you are Real you can't be ugly, except to people who don't understand.'*

*'...once you are Real you can't become unreal again. It lasts for always.'*

Hooray for our always! Your children are a blessing to us in so many ways.

We spent the day welcoming campers with happy songs and helping hands as the girls moved in and the parents went on their way for 3 ½ weeks of their own

adventures (I hope!).

Our Wavus girls enjoyed the Wavus rock wall, our new four square court, arts & crafts, field sports, Gaga ball, some get-to-know-you games, and ice cream!

After a yummy dinner that included smiley fries and salad (a healthy balance to be sure), we welcomed the campers who had been traveling up the coast for many hours by coach bus to join us. As the evening breezes touched the shores of Damariscotta Lake, we gathered for our opening Council Fire to share the wisdom of the veteran counselors and to re-center ourselves in this place we call our home away from home. Then it was off to the cabins to discuss how we want to live together in these cabin families for the next 3 ½ weeks.

Phew! So much accomplished and so much more ahead... Happy Opening Day from the Director!

## June 20, 2018 - Jess Richter Magical Unicorn Rainbow Day

Today was the first day of session 1 and what a beautiful day it was! The theme was Magical Unicorn Rainbow Day and Mother Earth greeted us with nothing but blue skies and sunshine all day long. Campers walking into the Jewell were greeted by meticulously hung rainbow streamers and then enjoyed our first breakfast of hot waffles. We kicked off the day with morning swim tests but paused in the middle to take our all-camp photo!

After a relaxing lunch of sandwiches, we had our first rest hour and spent the afternoon in assigned activity blocks.

Campers were excited to try out new things, revisit all their old favorites, and begin earning quals! Dinner was an epic Italian spread that included pasta, Caesar salad, and rolls. Afterward, we launched into our evening activity: Escape to Freedom! The counselors chased campers while campers tried to locate “freedoms” hidden across campus, and lots of fun and sprinting was had by all!

### **June 21, 2018 – Chunks Rockstar Day**

Today was Rockstar Day! The morning began with an all camp dance party in celebration of Maine Trails leaving for their trip. The “Peanut Butter Jelly” song had the floor shaking with everyone dancing on the tables. After breakfast, everyone went to their first full day of activities. Since camp is so big, there was a lot going on. Campers enjoyed sailing, H<sub>2</sub>O kickball, riflery, Zumba, archery, kayaking, and much more!

The bell rang in the middle of morning activities signaling all of camp to lower Jewell. We all waved goodbye to Maine Trails as they set off for their 22-day journey.

During rest hour girls signed up for one activity because the second afternoon period was spent choreographing for the Air Guitar EA. The highlight of the afternoon might have been slime making on the sunscape!

Free Range Time was a huge success. All around camp girls enjoyed the beautiful space. Some read on the lawn, others practiced animal calls, and, of course, there was a giant round of GaGa Ball!

After dinner, everyone returned to their cabins to gather props and

costumes in preparation for Air Guitar. The entire camp then gathered on the lawn hill to watch. Each cabin performed a dance and there was even a special guest appearance: Kirstie sang “Crocodile Rock”!

Once air guitar was over, everyone gathered around the flag to end another wonderful day. Everything was wrapped up with Justin Bieber’s quote “Never Say Never,” and the girls were reminded that they can do anything they put their minds to!

### **June 22, 2018– Casey Walsh Clue Day: Wavus Edition**

Friday was Clue Day: Wavus Edition! Throughout the day the cabins collected their clues. During each meal every cabin submitted a guess on who they thought committed the crime (stealing the Wavus Flag), where it took place, and what weapon was used to attack Raven to take the flag from her.

Some of the afternoon activities were improv, high speed swing, slime, and the amazing mystery van. All the campers were super excited for their activities and said they greatly enjoyed them.

The evening activity was a rotation of 4 games: stepping stones, freeze dance, human bingo, and a team parachute activity. Freeze dance was hilarious as campers and counselors joined in to dance to old songs and new. Stepping stones proved to be a powerful team building activity which helped cabins become closer and learn how to better work together.

After evening activity, the final guess was revealed by each cabin and the suspect revealed herself and was chased by Algonquin until she gave up the flag. The results were Carol, in the Loon, and the crime was committed

with a counselor clipboard. Great day at Wavus!

### **June 23, 2018 – Jade Koenigs** **Day of Empowerment**

On Saturday, we focused on Empowerment and the Wavus women grew in both strength and confidence. At the flag gathering, we were reminded that we have the power to shape our day and our future, and this message carried throughout our day as each girl had the opportunity to write their own quote for the future generations to see.

For the evening activity, we did an activity called “Race for Ultimate Empowerment.” The cabins raced around camp answering questions such as “What makes you, *you*?” while juggling life (aka: balloons), cheering on other teams, and being wary of doubters trying to tag them. At the end, the cabins performed a motivational piece for the whole camp and this tied in well with the ending message, that each girl could be inspired by themselves.

### **June 24, 2018 – Sydney Beck** **Day of Zen**

Sunday focused on Zen.

As it was our first Sunday, morning bell arrived a half hour late and we all woke refreshed except possibly Narragansett who were obliged to move from their cabin earlier than expected by the cry of a smoke alarm.

Before the flag was raised by Cherokee the theme of mindfulness was explored, remaining a common trend throughout the rest of the day. At breakfast two birthdays were celebrated and due to some mindful eating, almost all of camp was free of food waste with less than 0.1 pounds

of ort! The cabin cleaning competition was announced, and campers worked in their teams the rest of the morning until Chapel.

Sitting in the rows of benches facing the water campers listened to Kirstie share the experience of Wavus campers’ past from an issue of Maine magazine. Algonquin junior counselor Grace shared a lovely tune on ukulele and many of the youngest campers showed the courage to read prayers and poems from the songbook to the entire Wavus community.

Cabin inspections were performed by Kate and ‘Officer’ Jen who awarded Wawanock both the title of cleanest cabin and the privilege of being served first at lunch. When asked the secret to their success, they proudly claimed that they had “scrubbed on [their] hands and knees.” The ladies of Osage earned the honor of being chosen Women of the Week for their welcoming and inclusive Wavus spirit.

After rest hour, camp met again for gathering circle where campers heard the story of Prince Siddhartha followed by a discussion of mindfulness techniques.

The afternoon activity was a rotation of Zen with five stations: Yoga in the Jewell, Haiku writing around the flag, origami crane making in Andrews, guided mediation at the Chapel and mandala coloring/zen doodling on the sunscape. The talented counselors at each station shared their skills and knowledge of mindfulness practice which created a relaxing and enriching experience.

G-swim was cloudy and some swam though many at the waterfront chose to read, weave friendship bracelets, or play cards by the shore. During Free Time Tea Time campers sipped iced tea



and socialized on the sunscape before a special Sunday dinner prepared by the counselors.

In the evening camp met at council fire, circling in Crazy Creeks around the fire. Campers from almost every cabin raised their voices to lead the singing which spanned everything from Wavus favorites to pop hits, to an original song! S'mores were enjoyed by all before the lowering of the flag on a day of mindful reflection and "chill vibes" at Wavus.

### **June 25, 2018 - Liv Small**

#### **Quichee Day**

Quichee position number one! Today was Quichee Awareness Day at Wavus. We spent the morning practicing our Quichee positions and learning about LNT principles. Quichees are an animal native to Wavus and the surrounding area, that attacks when Wavus girls do not follow LNT principles. At Wavus we practice LNT, Leave No Trace, both in camp and on our trips. At afternoon gathering circle we learned the seven principles of LNT, including traveling and camping on stable surfaces and carrying out all waste.

As rain rolled in during afternoon activities, most activities moved inside but some still decided to swim. Camp was full of energy; it was amazing. The running and screaming activity continued to run around and even started jumping in the new puddles.

We ate dinner inside and then headed back to our cabins to start planning our Quichee Defense System advertisements. We gathered back in Andrews and had an evening filled with laughter as we all performed for each other. We headed to bed knowing that we could handle a Quichee attack!

### **June 26, 2018 - Lily Tromanhauser**

#### **Twin Day**

After a couple of gray and rainy days, it was finally blue sky and sunshine at Wavus for Twin Day! Everyone came to morning flag dressed matching with their twins, with many groups of triplets and even quadruplets thrown in. Music was blasting and excitement was high at breakfast, even though camp was small with more than half of cabins away on trip. In the morning, we said goodbye to three more cabins on their way out--Wawanock, Cherokee, and Omaha!

Gathering Circle was an impromptu talent show, featuring campers from every cabin. Older girls led classic camp songs while our youngest cabins showed off cool gymnastics tricks and the crazy noises and impressions they can make. Our morning activities had girls at all ends of the camp enjoying the beautiful weather. On the point, campers challenged themselves on the HS Swing or at Pilates with Annie, and relaxed while creating LNT art with Susie at the Owl's Nest. At the other end of camp, girls played tennis and learned about the environment of Wavus during Nature and Gardening!

With the warm weather came an active G-Swim, with the water full of girls and floaties. Kieve Director, Henry Kennedy, and his two dogs made an exciting cameo appearance on the boat, taking photos and waving a quick hello. At the end, beloved ADs Lindy and Jen were chanted into the water, getting their twinning waterfront outfits wet!

After lunch, the afternoon flew by with many afternoon activities across camp, from Shenanigans to Archery. Many girls got back in the water on the Aqua Zip, the Island Swim, and SUP!

Luckily, the weather and water stayed lovely for our afternoon G-Swim, where everyone enjoyed the cool water and the warm sun. Afterwards, girls had a quick free-range time to change into dry clothes and play four square.

There was no better way to wrap up a busy day in the sun than the evening activity: *The Parent Trap!* After dinner, the Jewell was transformed into a movie theater for the fan-favorite twin-themed movie. Girls brought Crazy Creeks and sweatshirts, settling in for a very chill EA. We laughed and gasped along with the action, clapping and singing at our favorite parts. Overall, it was a great day from the start to finish!

#### **June 27, 2018 – Anne McKee Wavlympics**

This marked a very special day at Wavus: The 2018 Wavlympics!! For the whole day, each cabin was assigned a country to represent, from Osage as the United States to Gash III as South Africa. The Jewell was adorned with hula hoops arranged as Olympic rings hoisted above the fireplace, rainbow colored streamers strewn pillar to pillar, and mini country flags decorated each table. Through quals, artistic skills, talents, spirit, jokes, and silly games, campers earned points for their countries through the morning and afternoon. Although numbers in camp were low (just seven cabins!), spirits ran very high all day.

As the day went on, each cabin accumulated more and more Olympic points, including impressive ring dives made by Australian Wavlympians, spirited team cheers created under wraps in prep for evening activity, and flags decorated on the lawn. Perhaps as much paint was dumped on

Algonquin's Brazil flag as was spread all over Caroline and Rhyn's legs!

After Gash III was kidnapped to J-Scoop and Narragansett returned from a beach trip, evening activity began – the true highlight of the day! Each cabin assigned representatives to a stadium-style Olympics competition, cheered on heartily by their cabin/teammates, adorned in their team colors and flying their newly-painted flags (dry?). The events included musical chairs, egg race, team cheer, wet sponge relay, and even a shoe kick contest. After the intense and silly day of competition, Australia (Ojibway) blew all the other teams out of the water and took home the gold! What a fun day!

#### **June 28, 2018 – Trashion Show Day Cam Grimes**

Camp enjoyed another rainy day sleep-in this morning, skipping flag and going straight to breakfast. Today's theme was "Trashion Show," focusing on creative recycling, sustainability, and the Four Rs: Reduce, Reuse, Recycle, Refuse. Because of the rain, the girls were sent to a variety of indoor morning activities, including pottery, arts and crafts, trip planning, and team building. At morning gathering circle, the girls played a get-to-know-you game where they tried to find things that they all had in common. Even though we're well into week two, it was great for the girls to learn more about each other!

The morning was particularly exciting because we welcomed our Junior Wavus campers! Camp was very empty at breakfast, with most of the older girls out on trips, but by lunch we were filled up with smiling (slightly damp) campers. Lunch was pizza, a perfect warm treat for a rainy day.

After rest hour, the girls made their way to second gathering circle, where they learned about the Four Rs and started to plan for the E.A. – Trashion Show! Afternoon activities, like in the morning, were mostly held inside. They included more pottery and arts and crafts, as well as cake decorating, Coleman cooking, and board games. Since G-Swim was cancelled due to the rain, the girls used the extra time to start designing their own recycled fashion creations, to be modeled at the Trashion Show.

After our first dinner with the JW's, full session campers prepared their final trashion product. While JW's had their first Council Fire, the other girls walked the runway and cheered on their friends. We ended the day in Andrew's Hall with an indoor flag ceremony and the Wavus song.

### **June 29, 2018 – Cam Woods Jungle Safari**

Following a day of dark skies and heavy rain, we welcomed the sun with open arms this morning. As the girls walked down to morning flag, they donned exotic costumes and wild patterns in accordance with our theme of the day: jungle safari! The theme motivated me to impart some wisdom to the girls, and it went something like this: "we are strong, independent, free-spirited, adventurous girls who can change the world if we keep exploring and persevering even when the concept of giving up is more attractive."

At breakfast, crumbs fell into polyester lions' manes – but we Wavus women couldn't be bothered, we are women of the jungle. After dancing ourselves to fatigue in the Jewell and performing morning duties, the girls and I ran down to gathering circle;

we had an absolute blast. I joyfully ran around and laughed in the same childish way that I did as a camper at Wavus years ago. Each girl took on the role of a jungle animal as we played an advanced version of rock-paper-scissors: the soccer field roared with exotic animal calls.

Morning activities were great today, not a single cabin complained about what they were put on. Girls giggled and jumped like monkeys on the ropes course; stood on their heads while paddle boarding; explored in sailboats; learned about nature and sustainability; and so much more under clear blue skies. When the bell rang for g-swim, everyone eagerly jumped into the water to escape the heat and wash off.

Afternoon activities were very fun as well, though they were cut short by a brief rain storm that lasted an hour or two, giving us extended cabin bonding time and additional free time. During this time, three of my counselor friends and I scurried around camp hiding clues for the evening activity.

The rain let up just in time for E.A., and we were greeted again by beautiful weather. The evening activity was a blast and a half. Each cabin was given an initial clue, which led to their second clue, and so on and so forth. The girls were all "monkeys" and their clues were laminated yellow bananas. Though I was nearly trampled by a group running to their next clue, it was buckets of fun and the girls completed the scavenger hunt quickly. Once they collected all their bananas, we gathered outside of the Jewell for a huge dance party! We surprised them with ice pops and sang along to "Girls Just Want to Have Fun" before lowering the flag and returning to cabins for bed.



Today was adventure-filled and exiting; it was the perfect way to show the Junior Wavus girls how we like to do things here! It was their first full day at camp and they loved it. After all, what's not to love about running around and exploring the great Maine outdoors alongside amazing girls and women?

### **June 30, 2018 – Caroline Crosley Mad Scientist Day**

We started Saturday with the catchphrase of Ms. Frizzle from *The Magic School Bus*, "Take Chances, Make Mistakes, Get Messy." I hoped these words bubbled in their brains as they encountered a new day of challenges of risk-taking. After a delicious breakfast, I announced the ORT report. ORT stands for Organic Trash and it encourages our campers to consider portion size and food waste. However, today the ORT bucket had transformed into a toxic sludge bucket weighing \*drum roll\* three pounds. We could do better!

Next, the girls watched as three counselors, Marina, Liv, and Diamond, competed in a ridiculous task to determine who would have to clean the staff lounge. With a record 6 seconds, Diamond victoriously poked five pencils through one end of a plastic bag filled with water and out the other. The girls of Wawanock cabin cheered for their champion counselor.

During Gathering Circle, girls participated in a "science fair" in which they volunteered to present a song or talent of sorts. Then, each cabin moved onto their assigned morning activities. It was a hot day, so the majority of camp got refreshed in the water for general swim. Lunch rolled around and the ORT sludge bucket had increased

to five pounds. Oh no!

For afternoon Gathering Circle, each cabin worked as a team to build the tallest tower composed of marshmallows and uncooked spaghetti. Congrats to Cherokee for successfully constructing the tallest free-standing tower. There was a variety of water activities to keep cool, such as island swim, synchronized swimming, and Zumba slip n' slide. Blowing bubbles underneath the sunscape was even option. Following another *great* g-swim, nearly all of camp devoured their dinner, resulting in an ORT report of only one pound! YAY!

Finally, the moment everyone had been waiting for had arrived. The evening activity was revealed to be SLIME TRIVIA. Each cabin had to select one counselor to be slimed. The girls paraded onto the hill near the flagpole, rocking in their Crazy Creeks in front of twelve stools lined next to each other on top of two large tarps.

After explaining that answering a question correctly resulted in slime while answering incorrectly left their counselor clean, it was time to "BRING OUT THE SLIME." The vivid green concoction splashed back and forth, bringing smiles to the campers' faces and expressions of uneasiness from the counselors who had been chosen victim.

One by one, each cabin collectively answered trivia questions either related to Wavus or completely miscellaneous. The girls and safe counselors watched delightfully as the green ooze dripped down each counselor's face, provoking both gasps and laughter. By the twelfth stool, every single counselor was drenched in green slime. Two half-filled tubs of slime remained, and my gooey fate seemed inevitable. As I tied

a garbage bag around my waist, I took my place and welcomed the sticky goop as Liv and Rhyn dumped it all over me. After that we circled around the flag. Every person on that field was grinning from ear to ear, having found enjoyment in the chance, mistake, and *the mess of the day.*

### **July 1, 2018 – Margaux Forcione Wavapalooza!**

The campers started the day off to a late wake-up and flag. Flag started off with a Dr. Seuss quote which embodied community and striving to preserve. Wavapalooza, also called Wav-fest, strived to influence the campers to get to know their neighbors and surroundings, to be creative and more imaginative than before, and to be themselves. Monkey bread made its weekly appearance at Sunday breakfast and counselors were faced with the challenge to organize S&Ms by color without using their hands. Then campers rushed back to their cabins so they could prepare for cabin inspections.

The whole camp met at ten in the morning and held a Quaker-style chapel service, which was led by Fakira Diamond, and focused on the meaning of community. Campers and counselors, new and old, all participated and spoke out to how Wavus has proven to be a community to them.

At lunch, the Kieve brothers came across the lake to visit their siblings and have lunch with us, the Wavus community. Kate Adair and Officer Hutzenberger (Jen) announced the winners of the cabin inspections and awarded a new award for the counselor with the cleanest bunk.

Campers went back to their cabins

to get ready for the afternoon activity: slip n' slide, marshmallow fairy house making, cabin lantern decorating, S&M watercolors, and decorating a Wavus Flag. Campers attended whichever the activity they preferred, and Kirstie also participated in the slip n' slide with the campers. Campers rushed to G-Swim where they all went into the lake due to the excruciatingly hot weather.

After dinner, we held a campfire for the cabins present on campus. The campers were encouraged to sing, speak, and tell stories around the fire and have their voices be heard. We roasted s'mores and then went to flag to conclude the day.

### **July 2, 2018 – Betsy Hunt Wavus Wonka**

The inspiration of the day was Willy Wonka, "Time is a precious thing, so never waste it." With a little under two weeks left at camp, I wanted them to enjoy every moment. At flag, I informed the girls that I hid Golden Tickets around camp and if they found a ticket, they got a reward. I could tell everyone was eager to search for tickets, but they had to go to breakfast. The lovely kitchen staff made it possible for the girls to have chocolate milk and waffles for breakfast. The girls jammed out to songs from the new Willy Wonka movie, while coming up with places to look for Golden Tickets.

With breakfast done, it was time for our normal duties. Three counselors competed in a bubble gum blowing contest and the winner didn't have to do duties. I told the girls in advance that the Evening Activity would be creating their own candy and commercial to advertise their new delicious treat!

During gathering circle we played a great game of asking questions about

Golden Tickets and where to find them. Throughout the day everyone was continuously finding Golden Tickets and questions about where more were just kept on coming. At morning G-Swim I hid tickets under water for the girls to find. Sure enough all tickets were found in the first 5 minutes of G-Swim. At lunch the girls who found tickets that morning came to me to redeem their prize. They got a small box of candy! The amazing kitchen staff made us all sorts of cookies, which were delicious!

At afternoon gathering circle, we played a great game of freeze-tag, and campers also asked more questions about tickets. We had a wonderful afternoon of activities and finding tickets along the way. By afternoon G-Swim I had hid more tickets in the water and this time was a little more difficult. During G-Swim only two out of the five tickets I had hidden were found. After G-Swim, cabins had time to create their candy and put together their commercials.

After dinner, campers had another twenty minutes to add finishing touches to their commercials. During the Evening Activity, the girls had a blast presenting their commercials and watching their friends. It was a fun-filled day with tickets that have yet to be found. I had a blast watching everyone having fun finding tickets and making their own unique candy!

### **July 3, 2018 - Board Game Day Story Shefferman (Martha helped)**

We woke to a misty morning and a chime of the bell. We raised the flag in good time and went to breakfast. For breakfast we had waffles, yogurt, oatmeal, various, fruits and a choice of cereal. Soon after we had

announcements. It was Tessa and Kiki's birthday from Cayuga and Annie from Cheyenne lost her tooth. The ort was 2 lbs.

We made our way to the cabins and got ready for activities. Camp only had eight cabins, so activities were only happening in ropes, woodshop, archery, and Andrews. First G-swim flew by and we made our way to Jewell for lunch. For lunch we had fruit salad, pasta salad, sandwiches and ground beef with pasta.

After lunch everyone staggered back to their cabins in the whopping 95-degree temperatures. Shortly after rest hour, afternoon activities commenced which were eventful and hot. G-swim was the same as the morning.

For dinner we had meat buns. During EA we played life-size board games. The JW played Sorry and full session played The Game of Life.

### **July 4, 2018 - Kirstie From the Director**

Happy July 4th! There is a magic at camp that takes time to settle into the heart. A camper's transition from the familiarity of home and family to the boisterous cabin life of a dozen or so 'sisters' who like to dance at meals and have opinions of their own can be unnerving for some girls. Often after a few letters to parents sharing angst or sadness, a note like this finds its way home: "I'm sorry about the letters I have been sending you about being homesick. I am having a great time at Wavus. We just got back from trip!"

It takes patience, the Patience of the Heron -- for campers, parents and counselors -- to allow the magic of Wavus to seep into the soul and lift the spirits of a homesick camper, but a focus on the long game means that the



short term discomfort is forgotten and the joys and accomplishments of camp are long remembered.

On another note, we have crossed the halfway mark for our longest trips, and the news off the trails and rivers is remarkable! We've had a mix of cool and warm weather, and the girls are looking and feeling strong. Everyone is taking their time to soak in the lessons and beauty the wilderness has to offer. These young women and have been returning to us for many years to develop their tripping skills and to discover their own resilience and leadership. For those campers who have recently joined us, or who still spend most of their days in camp with us, your future with Wavus, in the wilds of Maine, is an amazing one!

Our Wavus counselors have dried some tears, pitched in to help each other, jumped in the lake in the rain, washed dishes, and more. Our Wavus staff is a gift to me and to these campers each day. Their antics make me laugh and their commitment brings tears of joy to my eyes. They are a big part of the magic that keeps our camp humming, and I know you will be amazed by them when you see them again.

Regards,  
Kirstie

**July 4, 2018 – Jen Hutz, Courts Bliss, Lauren Geddes**

This Wednesday was not just any normal Wavus Wednesday. It was going to be a special day because it was the FOURTH OF JULY!!! The girls arrived down at flag dressed and ready for a fun patriotic day. After a wonderful breakfast of scones and fruit, the girls headed to their morning activities which consisted of sailing, archery, pottery, swimming, and

tennis. The Junior Wavus girls even got a chance to fly down the aqua zip. After a busy morning of trying to stay cool and dry all of camp headed down to the lake to cool off! G-Swim truly was a great success and many campers enjoyed the lake. Even Kirstie and Maggie joined in on the fun. After a fun filled G-Swim it was time to re-fuel. Today lunch was a Fourth of July classic of burgers and watermelon.

By lunch all of Wavus was truly getting into the patriotic spirit. Once our bellies were full, it was time for a much needed rest hour. All of Wavus needed their extra rest because it was a busy afternoon of crossing the Delaware River, sailing to the New World, SUPporting our Troops, attending the Boston Tea Party, and even painting a Presidential Portrait. The afternoon was filled with many patriotic water activities and the girls were really getting into the spirit of the day.

The second activity period was filled with creativity as each cabin had to decorate a parade float for the evening activity. After another fun and active G-Swim all the cabins met back at Jewell for a fun filled Wavus Family Picnic. Everyone enjoyed a traditional picnic dinner of sandwiches, chips, cookies and Capri-suns.

After dinner everyone enjoyed rounds of spikeball, cornhole, gaga ball and four square. Some girls even tried their hand at ping-pong. Once our family picnic was over every cabin gathered and it was time for the much anticipated FIRST EVER ANNUAL WAVUS PARADE!!!! Both the campers and counselors had so much fun that it was decided that it would become an annual event. After the magical parade everyone gathered for sparklers and

the lowering of the flag!! It truly was an amazing day and Wavus was probably one of the most patriotic places in America.

### **July 5, 2018 – Jen Sneed – Magical Creature Day (also carnival day)**

Magical Creature Day was a success! The girls donned their unicorn, fairy, dragon, and other magical creature attire for morning flag and from there the day just continued to get better. Girls aqua-zipped, SUPed, gardened, and kayaked. Some girls also woodworked and made nature journals. It was a hot day, but the girls in the water were cool and others stayed in the shade. Afternoon activities were replaced by Carnival Day.

The laughter reverberated from the fields as the girls enjoyed the bounce house, flash tattoos, the slip and slide, photo booth, sno cones, a dunk tank, face painting, spin art, and a giant slide. The girls had a blast!

In the spirit of Magical Creature Day, during the evening activity, the girls worked together to find hidden dragon eggs (tennis balls) in a variation of the game "Escape to Freedom." The game was filled with dragons, fairies, and some surprise dinosaur visitors. It might have been hot but everyone had a fabulous time!

### **July 6, 2018 – Ella Engel – Cake Boss**

Expecting storms, all of camp slept in yesterday. Luckily, we gathered for flag well rested while it was still dry out. The theme of the day was Cake Boss! Today was also sadly the JW's' last day before heading home. Camp was fairly small in the morning with JW's packing and a few cabins out on day trips. Algonquin and Cheyenne returned from their trips midday.

The afternoon was full of energy. Campers participated in a variety of activities: pottery, riflery, cooking, mystery van, aqua chill and more. G-swim was awesome per usual with an exceptional amount of diaper diving. Campers and counselors danced and sang to "Everytime We Touch" an uncountable number of times during the day.

At lunch it was even played twice in a row. After dinner each cabin was given a cake to decorate. S&Ms, mini Chips Ahoy, sprinkles, Oreos, graham crackers, and frosting were all provided. Campers were challenged to make a theme for their cake and work together to execute. After having twenty-five minutes to decorate, cakes were brought to the judging table. Each cabin had the chance to present their cake to the judges and the rest of camp. This allowed them to explain their thought process and theme. In the end, Narragansett won and everyone was quick to gobble their cakes down.

Campers were very rowdy gathering to lower the flag. Once everyone calmed down, we were able to end the day with a little bit of quiet before singing the Wavus song. Cake Boss was a success!

### **July 7, 2018 – Charlotte Phillips NASCAR**

Vroom vroom! What a day it was at Wavus. The morning started extra early for some of us, with many campers heading off campus at 7:30 a.m. for the Strawberry Shortcake Shuffle, a 5k race, in downtown Damariscotta. After returning to camp (with many girls having run personal bests) the day at camp continued with slight changes to accomodate JW parent day. It was a beautiful day, not too hot, but not too

cold, which made activities involving water, like SUP and Car Wash, extra fun.

We only had one activity period in the afternoon and spent the other hour making cars for the race! Each team, which was led by a Gash girl and made up of girls from different cabins, painted a cardboard box with Wavus-themed sponsors, including J-Scoop ice cream, Sun-Bum sunscreen, and Nalgene. Teams Nike, Starbucks, and Nalgene took home prizes for winning the road race, best team spirit, and best car, respectively. The night ended with a counselor speed walking race and a dance party. An amazing time was had by all!

### **July 8, 2018 - Charlotte "Bubbles" Phillips - Pool Party Day**

Today was Pool Party Day! The overall theme was to find extraordinary things in ordinary places. The morning was filled with cleaning as girls got to work scrubbing floors and wiping mirrors.

The theme of chapel was wilderness, and Jess Richter taught everyone how incredible it is that Wavus gives us the opportunity to explore the outdoors in Maine. Many campers and counselors followed suit and told stories about trying times on trip when they really appreciated the places they had been and the challenges they had faced. We had a burger cookout for lunch, while some girls went across the lake to visit their brothers at Kieve.

After lunch and rest hour we had gathering circle, where the girls from Allagash I led a bunch of mini games for the whole camp.

Campers then broke up to plan their synchronized swimming routines for pool party. The whole camp met at

the waterfront and we watched each cabin perform their synchronized swimming routines, and every cabin did a great job and got really into it. The whole camp spent the rest of the afternoon playing in the water with floats, listening to throwback music, and soaking up the sun.

We rolled into free range time and then dinner. After dinner we had campfire, and campers shared songs and skits, while everyone enjoyed s'mores. We lowered the flag and got pumped for Harry Potter Day on Monday.

### **July 9, 2018 - Lucy Rickerich Harry Potter Day**

Today was a magical day here at Wavus, or rather, Hogwarts. The adventures of Harry Potter began Sunday night. The magic sorting hat traveled from cabin to cabin, meticulously sorting each camper and counselor into one of the four houses of Hogwarts: Hufflepuff, Gryffindor, Ravenclaw, and Slytherin.

This morning, we began the day in the "Great Hall" for breakfast sitting in four long rows, one for each house, rather than by cabin. The overwhelming house spirit was channeled into gaining points towards the Hogwarts House Cup. Girls got points for their house for things like completing quals at activities, finding "Golden Snitches" hidden around campus (even in the water!), and offering significant acts of kindness towards others. It was a close call, but Hufflepuff ended up winning the House Cup.

In the afternoon, girls carved wands and learned spells at Olivander's wand shop, played Quidditch, sailed to Azkaban, swam to Honeydukes, flew to Hogsmeade on the HS swing,



concocted potions, and practiced their transfiguration at arts and crafts, among other activities.

After dinner, they had a special treat of “butterbeer.” The fantastical day concluded with a journey to save Wavus from Lord Voldemort. To do this, the campers had to defeat all seven horcruxes, which were played by counselors. The girls, staying with their cabins, found the horcruxes around campus and solved riddles and challenges for each. The journey was made more difficult by the spooky Dementor counselors who would tag cabins and send them back the Azkaban prison. Luckily we as a camp managed to find and defeat all seven Horcruxes, destroying Voldemort. Wavus was saved!

The girls’ vast imaginations became our reality today; as Dumbledore says, “Of course it’s happening inside your head, Harry, but why on Earth should that mean it’s not real?” As the day ended, spells were flying from wands, and magic was in the air. Oh, what a wonderful day!

### **July 9, 2018 – From the Director Wavus Trips – Kirstie**

Camp parents value the remarkable adventures and the time away from technology that their daughters experience at camp. Our Wavus families, though, embrace our unique model in which our women and girls journey into the wilds of Maine to develop more than lifelong friends and tripping skills.

This week we received several messages back at camp from folks out in the field who cross paths with our trippers, and I could not be more proud of our campers and the women who lead them. In particular, we received

notes from two different rangers who serve our beautiful state in the Allagash Wilderness Waterway.

*“I want to give WAVUS a shout out. Yesterday it was crazy here at the dam, there was like 40 people around 8am between portages and the boat launch, and those WAVUS girls helped me out so much. I asked them anything and they would just do it -- move their canoes/gear out the way, load gear at one end and unload stuff that was for other groups of paddlers! I was just so impressed with their maturity and how hard working they were. I thought the organizers of the camp should know when their groups do well.”*

From another

*“I would like to say how impressed I was with a Wavus group that stayed the night at the Falls on the night of the 7th. An elderly Sierra Club group was doing the portage when the girls just out of the blue arrived and portaged the canoes for them. The Sierra Club group talked of how nice they were and how it helped them get back in the water sooner. This shows good leadership from the counselor and the camp as well.”*

Things that are hard are good for us. These young women are out doing some of the most physically and emotionally demanding outdoor travel they have done yet in their lives, and they impress the world with their kindness, respect for others, hard work, and more. They are developing character and they chose this path even though they had some idea how challenging the journey might be.

When I think of the Rays of the Totem, the Wavus character values they are testing and deepening for themselves this summer, a few jump to mind when I read these notes from the Allagash.

**High Aspiration** ~ These campers

choose a unique and challenging path for their summers when they choose Wavus. I see the girls come back year after year to discover if they have what it takes to complete the next journey.

**Industry** ~ As the totem says, "What good are ideals and ideas without the stern purpose of working" to achieve the goals. There is no shortcut or shirking on these wilderness trips that require each camper's effort to complete the travel.

**Steadfastness** ~ The portages can be numerous on a river trip, and each one is an opportunity to try again and refine the process of moving group gear and boats over land.

**Radiance** ~ It is the warmth of Wavus campers that people respond to time and again. The silly songs, robust laughter and authentic joy these women carry into the world enriches the lives of all those who encounter them on the rivers and trails...in sunshine or in rain.

**Teamwork** ~ We call this the Rowboat Totem, and our Wavus girls strive each year to live it more fully with one another as the trips become longer and more challenging. They learn to rely on and support one another on trip but also, sometimes, throughout the year.

As a final word, I want to highlight the women and men who collaborate (**Row Boat Totem**) throughout the year and through the summer in the Kieve-Wavus Trip Sheds to make these life changing wilderness opportunities as exciting, safe, and transformational as they are. I want to acknowledge the people, miles, hours and pounds (of food and mail) that go into seemingly small words like "drop off" and "Resupply" printed on your daughters' cabin lists. Our Wavus Tripping team has my deepest thanks and respect

each day for their efforts to create the Wavus magic.

Kirstie

## **July 10 2018 - Diamond Stevens and Kalea Gale - Vine Day**

Wavus woke up to a bright, sunny day and a Jewell covered in memes. The theme of the day was Vine/Meme day! The quote of the day came from a young viner who reminded campers that they should love themselves no matter the circumstance, even if they "look like a burnt chicken nugget." We had a great breakfast with muffins and for lunch it was Taco Tuesday! For all our meals today, strange songs played in the background, such as Bill Nye the Science Guy, Walmart Yodel, and Squirrels in my Pants. We had lots of dancing and quoting all day.

Lots of cabins had beach days, but others had some great activities, such as Aqua Zip, Nature, Woodshop, Fishing, Canoeing, Kayaking, Archery, Tower and more. There was even a Mystery Van that took girls to a recycling center where they got cool magazines, medical books, and even a big bow for their counselor's car.

During G-swim, Allagash 3 had an incredible entrance. They set up a tent on float 3 and had their counselors stand out front with paddles. Almost everyone came out to the lake to see! During our buddy check when Jen asked who was on float 3, Kate Adair and Hannah Lovejoy popped out the tent with unicorn floaties. Then, the Gash girls marched down middle dock with water guns and jumped in the lake. It was awesome.

For our Evening Activity, each cabin came up with two memes and one vine about a place around Wavus including gathering circle, G-Swim, riflery, the

Loon, and more. They were all so funny. We had three lovely judges and they determined that Algonquin's meme skills about Riflery were worthy of first place.

During flag, we had another entrance. The Long Voyage 1 girls came in on the back of a pickup truck blasting the Goofy Goober Rock song. They rocked out using their paddles as makeshift guitars and microphones. Then, they tossed out starbursts to the crowd and played the Peanut Butter Jelly song. It was a great way to end the night.

### **July 11, 2018 – Bailey Sherwin Country Day**

Today was country day at Wav! We woke up to a beautiful blue sky with birds chirping. At every meal we only listened to country music to fully immerse ourselves into the country atmosphere. From hits by Luke Bryan to camp favorites like house party, every camper enjoyed the genre change!

The morning and afternoon consisted of activities such as the ropes course, SUP, wood shop, island swim, gardening, cooking, and more. Many cabins soaked up the sun out of camp at the beach but returned for the most important event of the year – the Wavus annual Hoedown Throw down (inspired by the one and only Miley Cyrus).

The Hoedown throw down began at 7:08 exactly and featured line dancing hits such as Cotton Eyed Joe, the Macarena, Cha Cha Slide, and camp songs such as Rolex, Peanut Butter Jelly, and Every Time We Touch. Every single camper and counselor had a fun filled evening filled with endless dancing, sweet tea, and smiles. The day ended by lowering the flag

to a Hannah Montana quote “You’ll always find your way back home” and getting hyped for QUAL (what what) Thursday!

### **July 13, 2018 – Lizzy McGrady, Anna Sandt and Bailey Ytterdahl Color Wars/Council Fire**

After a late night at Kieve for fireworks the night before, there was a marvelous gift of a sleep in until 8! The campers gathered at the flagpole, and after being inspired by a short quote by Walt Whitman, they happily went off to eat a delicious breakfast of monkey bread!

After breakfast, everyone went back to their cabins to change into white shirts and running shoes because today was COLOR WARS!!!!!! The rules were explained at gathering circle and the numerous questions about the game were answered. Minutes later, the entire camp gathered in Jewell to view the video that introduced the theme of Color Wars---Chacos vs. Crocs!! After watching a hilarious video, sharing the backstory behind the controversy, Jade and Greta (the leaders of the feud) passionately hyped their teams up. Teams then hid their flags (a bandana, frisbee, and golden flip-flop) on their respective sides of the bell, and the game began! The game was hard fought, but eventually after the grueling competition, Chacos beat Crocs with a final score of 25-0. In the end, the tension was released as the team leaders spoke on the importance of respecting all shoes and all people. The girls made their way to the waterfront and causeway for their final G-Swim of the summer.

The kitchen served nachos and sandwiches for lunch, and everyone had a great time talking to other cabins

about their trips and experiences from the past three and a half weeks. After a filling lunch and the lost and found fashion show, everyone went off to their cabins for a well-earned rest hour. As the afternoon rolled around, the campers packed and cleaned their cabin for inspection.

The end of the night consisted of a wonderful dinner of cheese and pepperoni pizza with Caesar salad, a heartfelt slideshow, and the final council fire. At council fire, each cabin was awarded a ray of the totem, older campers received their blankets and paddles (a long tradition at Wavus), and the camp was able to hear the from Maine Trails campers about their experiences at camp. Full of tears, everyone sang the Wavus song one last time around the flagpole and wished everyone else a beautiful goodnight.



# Second Session

## OD Reports

### **July 17, 2018- Kirstie – Opening Day**

At morning flag on the opening day of second session, I enjoyed the honor of setting the tone for our session with the staff as the OD, or Officer of the Day, by sharing one of my favorite quotations most often attributed to Ralph Waldo Emerson. The words always remind me how simple it can be for all of us here at camp to find success.

“What is success? To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate the beauty; to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded!”

We spent the day welcoming campers with happy songs and a helping hand as the girls moved in and the parents went on their way for 3½ weeks of their own adventures (I hope!). Our Wavus girls enjoyed the rock wall, four square court, arts & crafts, gaga ball, get-to-know-you games, and ice cream. The afternoon rain storms didn’t put a damper on our celebration!

After we welcomed the campers who had been traveling up the coast for many hours by coach bus, we enjoyed a yummy dinner that included chicken fingers, smiley fries and salad (a healthy balance to be sure). As the clouds lifted over the shores of Damariscotta Lake, we gathered for our opening Council Fire to share songs, hear the Rays of the Totem from our veteran counselors,

and re-center ourselves in this place we call our home away from home. Then it was off to the cabins to share how we want to live together in these cabin families for the next 3½ weeks.

Phew! So much accomplished and so much more ahead... Happy Opening Day from the Director!

### **July 18, 2018 – Dino Day**

**Abby Heher**

Today, camp was invaded by dinosaurs for Dino Day! On the first day of camp, the girls completed their swim tests and dressed in their funkiest outfits for the all-camp photo. There were a few dinosaurs featured in the back row. We had an amazing mac ‘n cheese lunch followed by a refreshing rest hour. Under a beautiful sunny sky, we enjoyed afternoon activities ranging from H<sub>2</sub>O Kickball to HS Swing. We kicked off the session well with an awesome first G-Swim with swan and unicorn floats.

The highlight of the day was the evening activity: Dino Edition Escape to Freedom! The classic camp game had a few twists tonight. Campers kept their arms bent like T-Rexes and were running from dinosaurs along with counselors. Ultimately, using our imaginations and exciting creativity, we had an incredible day at Wavus with some 65-million-year-old creatures. We can’t wait for more goofy themes during the rest of the session!

### **July 19, 2018 – Pirate Day**

**Lily Tromanhauser**

Ahoy! Today was Pirate Day at Wavus, and we woke up to clear skies

and sunshine. Energy was high at our last full camp breakfast for a while, as Maine Trails left on trip today!!

In our morning gathering circle, girls practiced getting hyped for the Trails send-off later that day. We also played an awesome game of Blob Tag, led by the brave girls of Allagash III. During morning activities, girls were exploring all over camp--from the tennis courts to the ropes course! Annie and Terri were at camp today to host two fan favorites, Pilates and Nature. Around mid-morning, we paused activities twice to see off our beloved Maine Trails cabins in a boisterous affair, lining the road out of camp to cheer and wave our goodbyes.

After a yummy lunch and peaceful rest hour, it was time for afternoon activities! Water activities dominated the scene today, with boats and swimming of all sorts. Girls searched for buried treasure on Island Swim, and lived the pirate lifestyle at War Canoe and Float Battle Royale! We had some brave souls even sign up to walk the plank at Aqua-Zip. Our Mystery Van took an awesome tour of a nearby dump, learning lots of cool facts about recycling and sustainability.

For our much-anticipated Evening Activity, the girls participated in a highly competitive camp-wide picture treasure hunt! Each cabin was provided with a list of nearly eighty items and challenges to photograph, ranked on a point scale. With the goal of getting as many points as possible, cabins set out armed with their cabin cameras and determination! From "picture with Maggie the Dog" to "making a human pyramid" to "with a bug," camera cards filled up with some ridiculous funky fun photographs. It was the best type of rowdy chaos as girls ran this way

and that, until eventually the bell rang and everyone returned to the sunscape. After some tense moments as the numbers were crunched, Wawanock was announced as the winner with over 200 points! With that, we headed to flag with adventurous spirits high, ready to end an amazing Pirate Day!

## **July 20, 2018 – Rockstar Day Diamond Stevens**

We woke up with the sun shining on Rockstar Day! The quote of the day was "If you don't live your life, who will?" by Rihanna, so we decided to live our lives to the fullest today. We had a yummy breakfast with lots of fruit, yogurt, oatmeal, bagels, and bacon. During Gathering Circle, we played a huge game of freeze dance!

We had fourteen activities available for morning activities today. Many cabins were on trip prep and trip talks. Almost all of the Allagash cabins and both Long Voyage cabins were spotted portaging canoes. We had some fun, quirky activities for the afternoon including Mystery Boat, Diaper Diving, Poems and Popcorn, and Country Music and Clouds. We didn't have our second activity period and instead used it to prepare for a fun evening activity. The campers went back to their cabins and created some masterpieces. Both general swims today were incredible because it was so hot! We broke out the floaties and had a great time at the Causeway and at the Waterfront.

For dinner, we had pizza. It was heavenly. Everyone was so excited and grateful that when we finished eating, we cheered for the kitchen staff. During announcements, a girl in Osage lost her tooth and we decided to adopt Kieve's tradition of playing *Grillz* when kids lose teeth.

Our evening activity was air guitar!! We had 2 counselor groups and 17 cabins performing their best air guitar. Everyone was incredible! We had some mashups, original songs, and killer dance moves. The judges were so impressed with all the performances, but Cayuga ended up winning it all with their smooth style to an awesome song called *The Middle*.

Overall, Rockstar Day *rocked*. We all had so much fun and I was so impressed with the camp's spirit and energy. After flag, we headed to bed to prepare for another day.

### **July 21, 2018 – Angels vs. Demons Maggie Hansen**

Today was Angels vs. Demons Day! Today's day was extra special and exciting because Maggie Hansen from Algonquin I was the OD for the day! We woke up this morning to beautiful skies and warm weather.

At flag many campers had dressed as angels and demons, ready to see what the day would bring. Maggie encouraged the camp to always be an angel in life: to be kind and respectful to others, and with that we raised the flag. Soon after, all of camp headed to breakfast where we had an amazing meal of eggs and sausage.

The morning was full of activities across campus from tennis to archery to SUP and the HS Swing. The girls quickly headed to G-Swim after second activities and cooled off in the lake after a morning in the sun. Laughter was heard all around as girls did Swim USA, played categories, and held jumping competitions. After a lunch of sandwiches, chips, and watermelon, everyone headed to rest hour before afternoon activities.

Afternoon activities were full of

cabins soaring as high as angels on the ropes course and being a bit "devilish" in shenanigans. Once activities had ended, the girls headed to second G-swim for some more fun and a break from the sun!

After a dinner of chicken potpie, rolls, and salad, the EA was announced: Angels vs. Demons Escape to Freedom! The counselors dressed in red and black as the demons and chased the angels (campers) as they tried to find all the freedoms. The OD even hid as a freedom! After escape to freedom had finished, we all went down to flag, where Maggie reminded us of her morning message and thanked us for such an awesome day. This was a day for the books and a huge success!

### **July 22, 2018 – Disney Day Gwen Viles**

Today Wavus was visited by many popular Disney Channel stars!! What a treat! Our Sunday started off bright and sunny, and we all sang and danced our way through a breakfast of delicious omelets. The weather started to cloud over as the camp returned to their cabins to get them spick and span for cabin inspections. Even though we moved Chapel into Andrews, we did not let the weather dampen our spirits! Many girls stood up to share what Wavus meant to them, and several counselors and campers shared original songs that they had written.

Our lunch of hamburgers turned into another dance party. Almost every girl was up on a bench and singing along to hit Disney songs. We were so excited to welcome our brothers and cousins from Kieve to share a meal. At lunch, the cleanest cabin of the week and the Wavus women of the week were announced! Drum roll please!



Congratulations to Abenaki for their spotless cabin, and congratulations to Narragansett for the positive presence they bring to the Wavus community! Great job, girls! Katherine also won the award for cleanest counselor area. Woohoo!

Despite the weather, we had an amazing afternoon of fifteen-minute circuit rotations. Some fan favorites were Pulse and Peek-A-Who! Ample time was given to perfect skits that the cabins performed for EA, and all that time really showed in their performances. After a delightful dinner of ribs and assorted salads, we headed back over to Andrews to watch everyone's skits. Wav did not disappoint, and all the camper performances rivaled (if not out-did) the original Disney shows and movies. We sang the Wavus song inside Andrews and headed off to bed, ecstatic from another great day at Wavus!

### **July 23, 2018 – From the Director Kirstie**

Wavus girls are a gift, and I thank you for sharing your daughters with us. This beautiful week has been full of sun, fun, challenge, transition, and delight. Our oldest girls have headed out of camp and into the woods and waters of Maine to experience our longest trips and to discover reservoirs of strength, radiance, and grit that are yet unknown to them. We wish them luck and think of ways to support them such as letters from pen-pals in younger cabins and special treats from older cabins and directors. I am so often amazed by the generosity of spirit demonstrated by these women of Wavus.

Our Sunday chapel theme focused

us on What Wavus Means to Us. In my chapel talk, I shared what Wavus has meant to me as the mother of two campers. For each daughter, Wavus revealed to me a new view and a new version of a child whom I knew fairly well. Where I had perceived a hesitant or shy child in my older daughter, Wavus saw a young lady with the Patience of the Heron. Her counselors saw the strength of her quiet observation and her thoughtful planning before action and awarded her the Heron totem at the end of her Cherokee cabin summer. For my youngest daughter, the camp affirmed that she had indeed learned the value Truth, what I sometimes call integrity in action, when her Allagash counselors awarded her the Grail totem. These young women – counselors, mentors and friends – showed my daughters aspects of themselves that they had, perhaps, not seen before. I am forever thankful that they did the same for me.

Camp is an inspiring place, and it is also an amusing place. Last week at lunch I asked a new Omaha camper what she liked about camp. She replied, "the noise" with a contented sigh. The singing, the skits, the chanting, the dancing... she loves it all after spending many months of her year being quiet and attentive in school. We play games with names like "Hide the Bacon," we sing and dance to songs about peanut butter and jelly, counselors dress up like Lilo and Stitch, and most evenings the girls perform and shout for their dinner. Life is joyful and inspiring here on Wavus Point.

I know you wish you could join us. You will simply need to revel in the stories your daughters share in the quiet moments when you learn

something new about the young people you call your own true ones.

Kirstie

### **July 23, 2018 – HalloWavus Crickett Dotson**

Boo! Today was HalloWavus here on Damariscotta Lake. The rainy and dreary weather meant that we were all able to sleep in this morning and awoke refreshed and ready to do some scaring! The Jewell was decked out with some serious Halloween decor—including a jumping spider, a hooded goblin and an insane amount of black and orange streamers. The girls were met with a “treat” under their bowls at breakfast to start off the day.

The rain held off, so the morning was filled with all sorts of activities. Lunch was everybody’s favorite, chicken fingers and smiley fries. A special highlight was that the salad served at lunch was made by the girls from gardening this morning.

The afternoon included Halloween activities like ghost hunting (archery), mask making in arts and crafts, climbing the tower of terror (rock wall), witch brewing (cooking), broom stick making (woodshop) and werewolves vs vampires in soccer. During the second afternoon activity period, the girls went back to their cabins to start designing their haunted houses for the evening activity. G-Swim was a windy one, but the girls still hopped right into the wavy water. For dinner we had delicious stir fry and egg rolls. Dinner ended with an awesome dance party on the sunshade tables!

After dinner, we began the haunted house tours. The cabins, which had been turned into haunted houses in a mere hour, were extremely scary. Some of the themes were a hospital gone

wrong, a mission to find lost campers, a murder mystery, and a tour of a zombie infested house. After going through each haunted house, each camper was rewarded with some candy. We ended the day by announcing the top five haunted houses in the camp. As we lowered the flag we reflected on the message that started off the day, “courage is not the absence of fear, rather it is the mastery of fear.”

### **July 24, 2018 – Olympics Kate McKee**

Greetings from Wavlympics! Today was filled with silly events, fun music, and an especially competitive spirit. Cabins were broken up into six random teams: USA, Canada, Russia, United Kingdom, China, and France. The campers of Allagash III served as team captains, leading their teams through the many challenging events throughout the day.

We kicked off the morning with the Breakfast of Champions. Campers enjoyed decorations featuring Olympic-themed Wheaties boxes. Campers sat with their Olympic teams, The Olympic Rings were showcased for all to see!

During first gathering circle, the teams were assembled for the second time! The captains led a name game or a fun round of zoo to start off the morning. The teams had the chance to discuss their strengths, with an eye on what events they would like to participate in during the evening activity. Teams also used this time to create a team cheer.

Throughout the mornings, campers went back into their cabin groups to participate in activities. Some highlights from the morning activities were an amazing pilates workout, a nature walk with a specialist, and the target jump at

the ropes course. During the activities, there were many opportunities for campers to earn points. Each qual was worth 50 points. By the end of the day, it was clear that the quals was what set apart the winning team from the rest.

Lunch featured a delicious array of food for Taco Tuesday. Though the ORT Report did not necessarily reflect the deliciousness of the meal, campers enjoyed tacos to the fullest extent.

During second gathering circle, the teams came together once again. This time, the teams each engaged in a round of zoo! The winner of each team's round of zoo went to the final round. In a nail-biting final round, the USA was eliminated, coming in third place. The United Kingdom and Russia then fought for the top spot in an exciting veggie-off. Russia aced the game, coming out on top and earning 150 points for the team!

Afternoon activities featured even more Olympic fun. Campers chose between a variety of activities. Some favorites included *Racewalking: A New Horizon of Athleticism*, Olympic Bobsledding and the *Michael Phelps Training Program*. Campers continued to earn quals throughout the afternoon, making the team race to first place even tighter!

Following afternoon activities, G-Swim featured *The Great Wavus Aquatic Competition*. Each team sent two camper representatives to participate. Campers did a course around the waterfront, did a silly impersonation, and then completed their final lap. Rachel Lewis of China and Holly Jean Burke of Canada took the first-place spots.

The evening activity featured a stadium-style competition. Each team gathered for the final time. For each event, teams sent delegates to

participate. These events ranged from a relay race to a game of musical chairs. It came right down to the final round to see which team would take the Olympic Trophy. In the end, China was our victor! It was a well-earned win after an exciting day of competition. Canada took second place, while the UK and Russia tied for third.

### **July 25, 2018 – Wavus Wonka Ella Janvier**

Wavus Wonka actually began the night of the 24<sup>th</sup>, as after a rousing "... and the OD for tomorrow is..," the girls were showered with Wonka candy and filled with excitement for the next day. After a peaceful sleep, Wavus awoke to a bit of a grey day, but that didn't dampen anyone's spirits. We dined on waffles with syrup, and watched three counselors put their Jolly Rancher flavor knowledge to the test during a blind test taste for Loon duty.

Activities such as wood shop, kayaking, arts and crafts, and tennis carried the girls through the morning, finished off with a chilly yet lively G-swim! Camp had grown a bit smaller with so many trips out, so the lunch line of sloppy joes and chicken fingers moved quickly!

After a much-needed rest hour, we experienced one of our most interactive Gathering Circles yet, a rowdy game of "Ride that Pony." Each girl walked away dripping in sweat after running and dancing around the circle.

The sun came out during afternoon activities, which featured book making, cup stacking and apple carving! The girls on the SUP boards were certainly glad to be out on the water with this new heat wave. Next was an extremely windy afternoon G-swim, followed by a great lasagna dinner.



The night concluded with a rowdy campfire, complete with “Charlie and the Chocolate Factory” s’ mores. It was a great day at Wavus!

### **July 26, 2018 – Christmas in July Lane Kizziah**

Today, Wavus woke up to a rainy morning, but the weather couldn’t keep down spirits on Christmas in July! Campers woke up late to candy in their socks, or “stockings,” which were left on the back porch and breakfast was spent singing along to Christmas music. After hearing another amazing Shark Week announcement, we were ready to start the day.

Girls kept dry during the rainy morning with activities like cooking, woodworking, and pilates. While the morning’s sleep-in meant first G Swim was canceled, some girls took the time to jump in puddles all over campus!

Full session campers welcomed the incoming Junior Wavus girls with a lively lunch complete with a camp-wide dance to “Everytime We Touch,” a Wavus favorite. As the skies cleared in the afternoon, girls took part in activities like caroling, writing letters to Santa, and climbing the indoor wall at Kieve.

During the EA, girls were asked to assemble a Wavus-inspired gingerbread house using graham crackers. The creativity was incredible as cabins constructed everything from the Snowgoose to a Nalgene water bottle. After Mrs. Claus judged the creations, we wished a merry Christmas to all, and to all a good night.

### **July 27, 2018 – Earth Day Maggie Rumley**

Earth Day at Wavus started at flag with a reminder to protect mother earth

and treat her with kindness and respect, just as we treat each other. The campers were also given a call to action as I said, “We are the future and you have the power to make a difference.” It was the first sunny and warm day Wavus had seen in 4 days; it was a beautiful day to celebrate all that nature gives us. The Women of Wavus were challenged to think about their individual impacts on the environment and brainstorm ways to conserve the planet every day. It was also the Junior Wavus campers’ first full day of camp!

During the first gathering circle, the Penobscot girls were given a chance to show their leadership as the oldest girls on campus by leading small groups in an icebreaker. These groups became the “green teams” for the Trash Scavenger Hunt Evening Activity. Activities such as fairy house creating, building dreamcatchers, nature walking, and Leave No Trace Principles poster making in trip talks gave the kids and opportunity to truly immerse themselves with nature creatively and learn how to treat it correctly.

During dinner, the chants that were made to get called on were heartwarming and inspiring. The chants included: “be the change,” “save the planet,” “reduce, reuse, recycle,” and even singing all the Leave No Trace Principles.

For the Evening Activity, the camp was divided into 10 “green” teams that would compete to try to find the most hidden laminated pictures of trash and actual trash around campus. Over 70 items were hidden around campus. To add another element to the Scavenger Hunt, the campers had to watch out for the “quichee” taggers, the counselors, that would stop the kids and ask them questions pertaining to

earth day to be released. "Quichees" are creatures that come out when we are not LNT and leave a negative trace in the environment.

After thirty minutes, we rang the bell and the campers returned to their team for their second part of the activity. It was incredible to see the amount of actual trash they found around Wavus. Zoe, from Algonquin Two, told me she was so happy to see her fellow campers actively pick up trash instead of just stepping over it. The teams were instructed to put the hidden trash into biodegradable order. I informed them how long it takes for their items of cardboard box, apple core, wool sock, aluminum can, plastic bags, and glass bottle. It was so awesome to see the kids get so into environmental education and many of the kids said it was their favorite EA so far. I believe the Women of Wavus can be catalysts to save the planet! We have a bright future ahead!

### **July 28, 2018 – Backwards Day** **George and Lizzy**

Today Wavus awoke to a little bit of clouds but for the most part, a sunny morning! A lot of the girls wore their clothes backwards to flag in honor of the day's wacky theme, Backwards Day. Some even wore their pants as shirts and shirts as shorts to really show off their spirit. After a wonderful cinnamon bun breakfast and dance party, we began our day with cabin duties and morning gathering circle where all the campers participated in a thrilling game of entourage with some backwards twists.

All the girls happily went off to their morning activities once gathering circle had finished. After our shortened morning activities, Wavus and Kieve

campers gathered at the barn with American flags and excitedly welcomed the veterans that Wavus was hosting today for the annual Bikes and Burgers celebration! The girls were able to talk with the veterans over lunch and look at all the motorcycles and old-fashioned cars. The luncheon was filled with wonderful speeches by Kirstie and Henry, live music by a volunteer jazz band, and, of course, burgers.

After the veterans and Kieve boys left, the day went on as usual, starting with a talent show at gathering circle. Many brave campers showcased their interesting talents in front of all the other campers. Some talents included singing, dancing, acting, gymnastics, and much more. Following gathering circle were afternoon activities, G-Swim, free range time, and a glorious EA where all the girls participated in a scavenger hunt type game filled with rhyming riddles and cabin challenges. We ended the day at Flag with a quotation from Disney's *Aladdin* and the Wavus song. It was another wonderful day at Wavus.

### **July 29, 2018 – Day of Dance** **Casey Walsh**

Sundays at Wavus are a great chance to share your thought, feeling, and songs with others. Keeping that in mind, The Day of Dance created an opportunity for girls to share their dancing skills with their community. Throughout the day I played music from different decades to show the evolution of dance. During my OD activity each cabin signed up each girl in different dance competitions. The contest was best grandma dancing, best partner dancing, best break dancing, best PB and J dancer, the best Rolex dancer and the best sweatpants dance.

At first the girls were nervous, but once the dancing began, the girls got into the activity. Each dance was rated by our judges and at the end of the day the standings were Abenaki in third place with 173 points, Wawanock with 175 points, and Mohawk in first place with 182 points. There were incredible performances by every cabin; I was so impressed with the level of creativity I saw. After dinner we gathered around the council fire and enjoyed s'mores while we sang songs. What an incredible day!

### **July 30, 2018 – Space Day**

**Molly Tucker**

Today was Space Day! We woke up to an overcast but humid morning, and gathered around the flag, where the ODs, Swils (an astronaut) and MoTuck (an alien), implored us to stretch our imaginations to the corners of the universe and remember that we share this galaxy with all kinds of creatures.

The morning was business as usual. During gathering circle, the girls acted out various appliances with their cabin mates and arranged themselves silently in birth date order. By lunch, the clouds had burned off and it was a beautiful day at Wavus. In fact, it was a perfect day to be on the water, so many of the afternoon activities were lake- or water-based, including slip-and-slide basketball, SUP, and aqua chill.

We had Chinese food for dinner and it was a huge hit. For evening activity, every cabin was given a cake, frosting, and sprinkles to design their own galaxy! The cakes were so creative, and after they were decorated and presented, everyone got a slice of their own cake. In typical Wavus fashion, the evening activity ended in a dance party. We lowered the flag to a sunset

that was as colorful as the cakes and we ended the day with some closing words from an alien: “beep bop, beep boop, beep beep boop bop boop.”

### **July 31, 2018 – Battle of the Bunks**

**Emma Zetterberg**

The day of the Battle of the Bunks was a heated one. While we did have very warm weather forecasted, most of the high temperatures came from the spirit of competition between the bottom and top bunks. We began loon duty with each counselor giving a rousing speech to the team of their choice and from there the intensity only went up. Chants of “bottom” and “top” were abundant at meal times and gathering circle.

Nevertheless, we had to put our differences aside for morning and afternoon activities. The sun was shining, and everyone took advantage of the lake, diving in for island swims, SUP, and lake ecology. Everyone was in the water at G-swim—you might’ve thought they forgot about the looming tension for the evening activity. However, as soon as the evening activity rolled around, both teams were raring to go.

The Battle of the Bunks is a large game of capture the flag where the flags are a mattress and two sheets—the first team to make their bed wins. At first the top bunks seemed sure to win. Their energy and effort were outstanding. They even had a coordinated pre-game chant; it all looked very intimidating. Meanwhile, the bottom bunks seemed scattered and possibly unmotivated. However, it was all a part of their plan. The bottom bunks wanted to avenge their loss last year and did not go down easy. In fact, the game was just as close as it was last year. A difference of two



seconds decided who won and who lost. Ladies, it was a close one, but the bottom bunks managed to pull it off first! An amazing day at Wavus was had by all!

### **August 1, 2018 – Dice Day**

#### **Isabel Rourke**

Today was Dice Day at Camp! All the counselors were assigned numbers and we rolled the dice to decide which counselors would complete small tasks around camp. To make things interesting, we made a few tasks funny things like, “You have to say meow at the end of every sentence,” or “Anytime anyone says your name, you must act like a chicken.” The campers had a wonderful time with it from the start of the day at breakfast, and all those giggles rolled into morning activities, which was very sunny! Because we had a sleep in today, we did not have our usually highly energetic morning G-Swim, so the afternoon G-swim was packed!

The day started becoming a little gloomy in the afternoon, so we decided to have an indoor Trashion Show for Evening Activity! A Trashion Show is exactly what it sounds like: the campers dressed up one of their counselors as a runway model for a camp fashion show, but they dressed them up with only trash! We like to reuse our materials here at Wavus in the most creative ways possible. It was an amazing way to top off another Wavus Day.

### **August 2, 2018 – Secret Agent Day**

#### **Cam Woods**

Today we awoke to a slight blanket of fog over Wavus, creating an appropriately mysterious vibe as we dawned our camouflage and dark

sunglasses for Secret Agent Day. At breakfast, the girls became increasingly excited for the day as the counselors became slightly more anxious: there was to be a counselor-wide game of assassin!

The game commenced after breakfast and was kicked off with two strong kills in the first minute: Lindy Perry sniped Cat Wood as they left the Jewell, only to be killed herself by the sneaky Ella Janvier. Another notable kill happened merely moments later in the trip shed, when Skylar trapped Lauren Geddes in the fridge. Lauren’s screams allegedly “faded out into oblivion as the door shut completely,” one bystander noted.

While the counselors were running around eliminating one another, the girls blissfully enjoyed their morning activities. A beautiful blue sky appeared, and with it came high temps – making paddle boarding, sailing, swimming, kayaking, and the aqua zip that much more appealing.

G-swim, lunch, and rest hour seemed to pass quickly in anticipation for what was to come next: the carnival! The girls were mesmerized by the water slide, obstacle course, henna station, and more. At any given moment, you could spot groups of campers running around in bathing suits, carrying snow cones, wiping powdered sugar off their faces, and flaunting flash tattoos somewhere on their bodies. They all posed for photos at the photo booth, created spin art, and slid down both the water slide and the slip ‘n slide! The energy at camp was simply amazing as we celebrated one of our final days with the Junior Wavus campers. The carnival was an absolute blast and led into a nice swim before dinner. Meanwhile, the final assassination took place: Betsy

Hunt took down Isabel Adler to win the assassin title! The girls were thrilled at the news of a winner.

As dinner wrapped up, the girls eagerly awaited the announcement of the evening activity – which had been kept a secret all day. Roars of excitement broke out as “FBI Secret Agent Training Camp” was declared. Following dinner, the cabins rotated through a twelve-station circuit, each activity centered around one element of being a secret agent. These included decoding secret messages, making masks, creating spy names, balancing on a secret agent hovercraft, analyzing their own fingerprints, and more. They played hilarious games and shared giggles while also learning new things. It couldn’t have been a more perfect day if we tried.

Though, as noted to the girls at both morning and evening flag, this day was about more than just being a secretive and clever spy. It was about being observant, thoughtful, diligent, aware, and engaged. It was about noticing and appreciating small details and listening attentively to those around us. It was also about seeking knowledge and information in places we never even knew existed. As strong girls and women, we must not be timid in our quest for knowledge – we must go out bravely, confidently, and discover as much as we can. For it is important that we never underestimate the immense power of open eyes, open ears, an open mind, and an open heart.

### **August 3, 2018 – Twin Day** **Anna Sandt**

Today was Twin Day! The whole camp came to flag dressed in matching outfits with their twins. After breakfast sandwiches, the girls headed to

morning activities, which ranged from stand-up paddle boarding, the Aqua Zip, and swimming, to archery, and pottery. Then it was time for G-SWIM!!! After cooling off in the lake, the camp headed to lunch, which consisted of chicken and assorted pasta salads. With full stomachs, we headed to rest hour which was followed by afternoon gathering circle. During afternoon gathering circle, each set of twins created a handshake, and then presented them to the group.

Girls then spent the next two hours in afternoon activities such as partner climbs, pottery, potion making, stand up paddle boarding, synchronized diving, as well as a crazy dance party on the sunscape... in the pouring rain! Once afternoon activities finished, it was free range time, where girls spent time in their cabins, at the gaga ball pit and the four-square court. After a pizza dinner, it was time for the evening activity: watching the Parent Trap! The movie was a perfect way to end another great day at Wavus!

### **August 4, 2018 – British Invasion Day** **Zara Norman**

Today, Wavus celebrated ‘British Invasion Day’- Royal Wedding Edition! The weather certainly co-operated with the English theme... but despite the drizzle, the girls’ enthusiasm left Wav glowing by the end of the day. We began on a rather bittersweet note, saying good-bye (for now!) to our Junior Wavus campers, but with a Royal Wedding on the agenda (and expected appearances from Meghan Markle and Prince Harry themselves later), full session campers put their game faces on, and soldiered on with wedding preparations.

After a waffle breakfast, daily duties

(ew!), and some traditional British playground games at Gathering Circle, the girls braved wind and weather to give their all to morning activities such as kickball, tennis, and kayaking. I personally found it so fun to travel around the camp, seeing all the girls and staff playing and laughing together, making pottery tiles, unique woodworking projects, and many more.

For the afternoon activities, the focus shifted to all things wedding-related. With the counselors' expert guidance, girls created an entire event in two hours, creating everything from an elaborate wedding veil to two ornate sheet cakes, tissue-paper flower bouquets, friendship bracelet wedding rings, and even a 'Trashion' dress and tuxedo for the infamous bride and groom!

Then, after a rainy-day G-swim (which made the water pleasantly warm!) and free-range time, we enjoyed a delicious chicken-burger dinner, followed by prepping the Jewell for our Royal occasion. Girls quickly ran back to cabins to get dressed into their very best clothes (dresses, hats, and pressed shirts galore) before taking their seats for the Wavus wedding of a lifetime. With such zany events as a dancing flash mob to keep us on our toes, the night was certainly one to remember. We rounded off our British extravaganza with a dance party, which along with our delicious wedding cakes warmed the chilly night and rounded off our day of cross-cultural celebration with a bang!

Today, I hope, served as a reminder that 'home' is a state of mind- a feeling, it really is where the heart is. So, as our Junior Wavus campers leave us, they take Wavus with them. I want

to thank everyone for making 'British Invasion' such an exciting day to run, and of course, to Meghan and Harry for making the long trek from London to celebrate their wedding with us!

## **August 5, 2018 - Aqua Olympics**

### **Nat Unger**

Sunday, Aqua Olympics Day, began with the sun shining bright, and an extra 30 minutes of sleep. Everyone enjoyed the long-awaited Sunday morning breakfast of monkey bread. After breakfast, the girls hustled to clean their cabins as best as they could for cabin inspection. We then enjoyed a lovely chapel where campers stood and shared stories about their adventures on trips, and their love of nature.

All of the brothers that were at Kieve joined us at Wavus for a lunch of barbeque and apple cider. There was lots of dancing and chanting, followed by a peaceful rest hour. The sun was shining bright, and the girls headed down to the soccer field for gathering circle.

In the afternoon, we began the Wavus Aqua Olympics. There were four stations, one racing around a buoy with the sailboats, the second doing a SUP relay race, the third doing a kayak race to the point and back, and the last one was a synchronized dance at the waterfront.

The girls were divided into eight teams--one girl from each cabin and one counselor. They came up with different team names and competed in all the activities! Everyone worked really hard, while having lots of fun and staying cool on a hot summer day. The girls were able to meet new people from different cabins, and practice leadership skills within the groups. We then ended the afternoon



with an amazing pool party with floats and music at the waterfront! It was a blast.

For dinner we had chili and cornbread, and then headed to Sunday Sparks. We had a fire and roasted marshmallows while campers and counselors shared goofy songs and stories. Kirstie even sang "Crocodile Rock!" The girls had so much fun and were giggling and singing the whole time. We ended the beautiful day with lowering the flag, and then headed back to the cabins for a good night's sleep, anticipating NASCAR Day.

### **August 6, 2018 – NASCAR Day Jade Koenigs**

The girls gathered around the Flag, eagerly waiting for the moment 8:01 a.m. hit, the extra minute allotted for any stragglers that morning might have ensnared. As it chimed that specific time, Sally's words, from the hit movie Cars, rang out clear in the air. "Don't fear failure. Be afraid of not having the chance. You have the chance!"

During breakfast, the music gave off a unique mood as some might have understood the point to the most random collection of songs playing. The point, of course, being that at Wavus you can be ridiculous and that's okay.

Due to the incredibly hot day, many activities were near water and included diaper diving, sailing, aqua zip, snorkeling, and island swim. These activities progressed nicely into another successful G-Swim with lap swimmers, divers, and of course, unicorn inner tubes.

For lunch, Wavus was given the task of wearing blindfolds while eating to try and improve their senses, the prompt being that NASCAR drivers do

that every day. After about five minutes of intense blindfolded consumption, everyone passed on the challenge to actually put food in their mouths.

The latter half of the day consisted of only one activity period and then a mad dash to create a cardboard car with a sponsor on it such as Crocs or Skittles.

Dinner gave the girls the fuel they needed to compete in NASCAR Day's Evening Activity, The Race around the Jewell. They ran 12 laps with Ojibway coming in 1st, Gash I coming in 2nd, and Penobscot coming in 3rd.

After parading the cars around, the girls sat in a circle and listened to the book, *The Wump World*, reflecting on the relationship that cars have with the Earth. Right before Penobscot lowered the flag for the day, the words of the Lorax seemed perfectly clear, "Unless someone like you cares a whole awful lot, nothing is going to get better, it's not."

### **August 7, 2018 – Wav Gone Wild Cat Wood**

Today we woke up to an already blazing sun, knowing it would be another amazing and warm day at Wavus. It was WAV GONE WILD day, so campers showed up to flag in their craziest outfits and personas. Breakfast was a delicious serving of French toast and sausages paired with an abundance of fresh fruits. The morning, however, could not continue until everyone was up on the benches dancing to Teamwork and Let it Go, acapella.

The day was filled with activities dominated by the water, so everyone was staying out of the heat. SUP, sailing, ropes, snorkeling, kayaking, canoeing, island swim, slip and slide

and more! Everyone was excited for the craziness of the day and the celebration of our weird, inner selves that we truly get to show while we are at camp!

The planned evening activity was a new, sure-to-be Wavus classic, SOAP HOCKEY. However, with a rather large thunderstorm rolling in, plans quickly changed to an arguably more intense presentation of camp wide BINGO, complete with sticker prizes and animal noises. After the riveting game, with many winners, we sang together and smiled knowing another amazing day of Wavus was under our belts, and we would sleep anticipating even more the following day.

### **August 8, 2018 – Country Day Charlotte Del Col**

Yeehaw Wavus! Today was Country Day! Mother Nature must have heard our theme, because she gave us one of the hottest and most humid days of the summer. The day was filled with country music everywhere, and tons of girls dressed up in their best southern garb. At breakfast, we had a wonderful surprise, LV1 was back! Loon duty was for one counselor to lasso another, which proved very tricky but also quite humorous to watch. Since the sun was out, all of the best activities were represented, such as HS swing, Frolf, cup stacking, cooking and arts and crafts.

As we rolled into lunch and G-Swim, the day just got hotter, but we countered the heat with lots of water activities in the afternoon, as well as plenty of hydration. We had corn dogs and mac and cheese for lunch which were amazing, and for dinner we had chicken pot pie, which was also amazing!

After dinner we had evening activity,

which was a live Contra Dance with a real caller! Everyone had so much fun dancing around and breaking out their best moves. After EA, we had flag where we had another wonderful entrance by Long Voyage II. Camp is getting bigger and better by the day, and we are so excited for the rest of our Wavus sisters to return!

### **August 8, 2018 – From the Director Kirstie**

Happy Wavus Wednesday! All of our younger trips have returned and we are positively vibrating with excitement to have all of our older girls back in camp with us for a few final days of celebration and fun.

The theme for our final Chapel on our last Sunday together was What I Learn from the Wilderness. Veteran counselor Alison Obstler shared her journey through the Allagash Wilderness Waterway with her cabin this summer and recounted the way our campers inspired two fellow travelers, who declared that the courage and tenacity our Wavus girls demonstrated was likely a key to a brighter future for our world.

Then it was time for the campers to share their stories and wisdom from a summer of trips. I won't recount every portage, hike, or mud story... some were funny and some were poignant. However, their lessons and wisdom fell into a few categories:

- It is about the journey, not the destination

- This moment is the one that matters

- I can do what I thought I could not

Each girl expressed how thankful she is for this community of women and girls who support each other day after day as they break down barriers

and discover their physical and mental strength. The women of Wavus help each other each day to find a new view – of themselves or of the world -- from a new summit or bend in the river.

You will have your daughters back in your arms soon, and many stories await. Thank you for sharing your most precious with us and allowing us to help them stretch themselves and discover their inner strength.

Regards, Kirstie

### **August 10, 2018 – Color Wars/ Council Fire - Megan Hartnett**

The sun broke through the clouds, welcoming another beautiful Wavus morning for campers and staff alike. However, this was no usual morning (and not just because of a sleep-in!). Today marked the battle of the century: Color Wars 2k18. Campers prepared themselves, dressing in their spiffiest visors and white T-Shirts, and headed to flag raising. There, they witnessed a dramatic meeting of the two sides: Tennis and Frolf. Camp exploded in excitement and passion for what was to occur. Who would rise to conquer Wavus? Campers hustled to fuel up on blueberry muffins before the competition. The rules were explained at Gathering Circle, followed by a viewing of the best 4m 39s anyone's eyeballs will ever be blessed with: a video.

And so, it began. Competitors took their respective sides with the flags. The bell rang and there was an explosion of empowerment as the battle began. After many sieges and counterstrikes, the end of the game drew near. But there was no winner? Wrong. The sudden death round commenced with the flags moved closer and tagging privileges removed. After a heated few seconds

and many attempted barricades, the tennis team carried the Frolf Disc over the line and Wavus erupted. Tennis IS hype! An enormous amount of sportswomanship was showcased today and we are all better for it.

After an eventful morning, we had a leisurely afternoon of packing and cleaning. After an amazing dinner of ninety pizzas (thank you, kitchen staff!), we reminisced on the session with a slideshow showcasing our beauty and ruggedness, but mostly our ruggedness.

After lowering the flag for our last time together this summer, we headed down to our Council Fire. Camper sung songs, shed tears, and shared about the amazing adventures they had all embarked on this summer. Some girls in Long Voyage and Maine Trails received their long-awaited blankets and paddles, and the evening concluded with the Wavus song. Candles were blown out, marking the end of another incredible summer at Wavus.



# Trip Notes - Session 1

## Responsibility

### Hog Island

July 1st

After a sleep-in Sunday morning, Responsibility cabin was energetic and excited for a trip to Hog Island!! With bags packed and water bottles filled, our vans rolled out of Wavus following breakfast. The weather was hot, but it was still a beautiful day to be outside. Driftwood Drew and Captain Bill greeted us at Bremen, along with Blizzard the dog! It was turkey sandwiches for lunch, while the girls explored the dock and played games like Museum with our friends in the Respect cabin. In the afternoon, we were ferried over to Hog Island on the Snowgoose! Driftwood Drew gave us the tour, showing us our lovely grassy campsite by the beach. Molly and Gracie proved themselves to be the bird experts of the cabin as they identified a turkey feather and were able to point out Hog Island's large and infamous osprey nest!

After we had scoped out the scene of the Hog Island camp, Driftwood Drew took us around the island on a nature walk! We felt so lucky to walk in the woods next to the shimmering ocean, checking out lichen and cool plants along the way. Annemarie led our pack of hikers, pointing out to everyone what was coming up next. Driftwood Drew showed us a horseshoe crab shell and led us in fun games as we walked, telling us all the most interesting facts about the Maine habitat. There was a small beach area and everyone stopped to look at the awesome shells while Drew talked about Leave No Trace. Lily found a cool purple shell! At the end of our walk, Drew tricked us with



chocolate-covered raisins disguised as deer poop, making everyone giggle.

The hot weather and our long walk was making everyone sweat, and once we were back to the campsite, we were all super excited to go swimming! It was high tide, and we made our way down to the dock to jump in the freezing cold ocean water. Caroline and Cala impressed everyone with how long they stayed in and splashed around, encouraging their friends to get in, too.

Eventually, Respect returned from their afternoon on the Snowgoose, and together we set up tents. Dinner was yummy burgers with all the best toppings and GORP for a snack. Driftwood Drew led a fun team-building activity, with everyone trying to work together in a chain to move around the picnic tables. We also saw a family of turkeys, with a big mom turkey and many adorable little baby ones.

After dinner, everyone was excited to see how far the tide had gone out on the beach--perfect for an evening fire! Gemma and Allegra found some cool shells and even crabs in the sand as Responsibility and Respect roamed the beach together to collect branches and driftwood for firewood. Payton and Wellesley were especially excited about s'mores and helped the counselors as they got the fire going for marshmallow roasting! S'mores and our campfire on the beach was the perfect end to a beautiful first day of trip, and spirits were high as we headed to sleep under the stars.

### **July 2nd**

In the morning, we all packed up our bags and ate breakfast under cloudier skies. Excitement was high for the day ahead on the Snowgoose, a legendary

Wavus tradition!! Captain Bill and Megan were happy to have us on the lobster boat and we all piled in wearing our lifejackets, ready for a morning on the ocean.

We started our voyage with lobster traps! All of us pulled on the rope together to haul up the trap, using as much strength as we could. Although our first lobster was too small, the second trap we pulled had two perfect lobsters! Megan explained what made a lobster the right size to catch and showed us all how the trap worked. Next, the binoculars came out! We took turns looking through them as the faraway trees and the rippling waves. One of the highlights was an island we spotted that was covered in seals, laying out on the rocks! Everyone peered through their binoculars and waved hello.

Afterwards, it was time for the best part of the day: swimming!! Even though it wasn't warm outside, we were all beyond stoked to jump off the boat and into the water. Ivy was brave enough to be the first to climb onto the roof and jump in! She and Lillian both jumped off a lot, despite the chilly water. Although it was scary at first, many of the girls went on the roof and had a lot of fun. Blizzard the dog was there to warm everyone up after they got back on the boat. Sonia wore her sunglasses and hat upside down, making everyone laugh and setting the tone for the end of trip. On the boat ride back to shore, everyone was in a good mood and played and laughed as we cuddled up in fleeces and blankets to stay warm.

As we pulled into the dock at Bremen, we received a happy welcome from Courage and Kindness! Lindy was there to drive us back to Wavus, and we

all piled in the car. On the way home, we took a small detour to J-Scoop, the best ice cream in Jefferson!

Lily Tromanhauser, HBC

## **Respect**

### **Hog Island**

#### **July 1st**

This Sunday we woke up in camp around 7:30 AM, very excited for trip! We finished the packing we had started the night before and went to flag and breakfast. Afterwards we loaded up the van and headed to Bremen! Once we got to the landing, we played games and got to know the other Junior Wavus Cabin on the trip with us, Responsibility. We ate lunch at the landing and packed our daypacks while our friends from Responsibility were boated to Hog Island.

Then, we got onto the Snowgoose III to boat around the bay for the afternoon. While on the Snowgoose III we saw an eagle's nest and a porpoise! Even though the ocean was chilly, we all swam in the water. Bevin was the first to jump off the boat and she encouraged Lowey and Eleni to get in the water as well. After a few hours at sea, we headed to Hog Island to set up camp for the night. Everyone learned how to pitch a tent and set up camp. Ingrid was great at helping everyone push the tent stakes into the ground. After dinner, we gathered driftwood on the beach, had a fire, and roasted marshmallows for s'mores, as it was Sadie C's birthday. Abby, Georgia, and Kiera helped us to find lots of firewood and Aalia found the perfect s'more stick! Lastly, we got ready for bed and enjoyed a well-deserved night's rest.

#### **July 2nd**

Day two of our trip was packed with adventure. We woke up on Hog



Island ready to explore. After packing up camp and eating breakfast, we had the special treat of watching the Audubon's osprey cam, which Eliza particularly enjoyed. We then set out to hike around the Island. During the hike we saw many new things including an owl pellet, a horseshoe crab, and various island plants. Megan and Bebe especially enjoyed the fun moss that we saw. After the hike we had the chance to play games with the other cabin. We played inchworm, mafia, and zoo while we waited to be boated back to the mainland. At around 1:00 PM we loaded back onto the Snowgoose III and headed to the Kieve Landing. Sadie F was especially helpful at carrying the group gear onto the boat. It was finally time to return to camp. We eagerly got into the vans and drove home, taking a pit stop at J-scoop along the way. It was a great trip!

Gwen Viles, HBC

## **Courage**

### **Hog Island**

#### **July 2nd**

We left for our trip right after breakfast at Wavus and headed to the beautiful Hog Island. We arrived at the Bremen Landing, where we ate lunch and had the chance to explore and take a short walk while we waited for the boat that would take us to the island. Once on Hog Island, we met with our guide for the day, Driftwood Drew, who gave us a quick tour of the place, during which we had the chance to see the nest of a couple of ospreys and their offspring.

After the tour, we rested for a bit and got ready to head out for a short hike around the island. During the hike, the girls got to learn about the wildlife and vegetation on the island with

Driftwood Drew, as well as having some awesome views.

Our gear was waiting for us on the island, so we unpacked our boundary packs and went to see the island's lab, which had dissected animals, microscopes, a touch tank with lobsters and crabs, and a live stream of the ospreys' nest. The girls loved it and were very interested; they had fun looking at things in the microscope and learning about Maine animals! They especially enjoyed reaching into the touch tank and picking up the hermit crabs.

In the evening, the counselors prepared dinner while the girls played and rested. We had a fully stocked pasta bar and for dessert scrambled brownies, a Wavus classic, which the girls loved.

#### **July 3rd**

We woke up at 7 a.m. to get ready for the day. We put on our bathing suits in preparation for the Snowgoose, a fishing boat that Wavus and Kieve kiddos are lucky enough go on to explore and jump off of into the Atlantic Ocean! The counselors made S&M and blueberry pancakes for breakfast, while the girls packed up and got their things ready for the boat ride. After breakfast the girls helped clean and pack all of our group gear, as well as take down the tents.

Captain Bill and first-mate Meghan picked us up, and we headed for an adventure along the coast of Maine! During our boat ride the girls got to pull up lobster traps, and learn more about them, as well as some crabs and other animals they found inside the traps. We looked at seals and ate Skittles while enjoying the view. Finally, we found the perfect spot for swimming, and even though it was a



cloudy day, almost all the girls went in the water, and we got to jump off the top of the boat!

After the boat ride, we headed back to Hog Island to pick up our gear and have lunch. The sun came out and the girls played, while we waited for the boat ride back to Bremen Landing. On our way back to Wavus we stopped for Jefferson Scoop Ice Cream and reflected on how awesome our magical trip was!

Valeria González HBC



## **Kindness**

### **Bremen/Hog Island**

### **July 2nd**

Today was the day! We were all so excited for our trip! The cabin of Kindness woke up earlier than usual to finish packing our personal gear. We ate breakfast at Wav and then started to gather and load our group gear into box trailers. Kindness then hustled into the vans for the short 40-minute drive to Bremen. In the car, the cabin jammed to music and excitedly chatted about the new experiences to come. We got to the dock at Bremen and unloaded our gear, then ate our lunch of turkey, ham, hummus, and cheese sandwiches.



When all campers were stuffed, the cabin went on a nature walk around Bremen Landing led by counselor Liv. Kennedy, Annabelle, Mandy, and Ava told riddles and Julia led the other girls in camp songs as they walked through a beautiful moss and root covered trail. When we got back, it was time to load the Snowgoose boat with bags and coolers and wannigans, tighten our lifejackets, and head to Hog Island.



We dropped off our gear, along with the Courage cabin, on the island and headed out for our time on the 'Goose. We all grabbed binoculars and started

looking for cool things in the bay around us. Sophia was the first to notice an island covered in seals, while Kay Taylor was the first to identify a young bald eagle on another island. Captain Bill told us it was time to pull in some lobster traps. Greer and Claire took the lead and started pulling in the line and passing it back. After some hard work the trap came up and we were able to measure the lobsters we pulled up. Only one lobster was big enough to keep and Carson volunteered to help put it in the bucket of water on the boat. We pulled up two more traps and found only small lobsters, but also crabs. Captain Bill anchored us in an inlet where we could swim and jump off the top of the boat. Hadley and Alice were quick to be the first ones to jump in. We had so much fun taking turns jumping in and once we were all wrapped in towels and feeling tired, Captain Bill gave us all packs of Skittles and brought us back to Hog Island.

Driftwood Drew met the boat at the dock and led us to the campsite where he explained the rules of the island, pointed out the bathrooms, water spigot, and an osprey nest. We filled our water bottles and relaxed for a rest hour where we napped, played cards, and told stories. Rest hour ended once the dinner feast of pasta was ready. Each camper could choose marinara sauce, pesto, or cheese (or all!) to put on their heaping, steaming bowl of penne. Seton especially enjoyed her pasta bowl. Once bowls started being cleaned, we made scrambled brownies. We each got one large, sticky spoonful of gooey chocolate brownie. Kindness then made its into the tents, had a short period of headlamp time, then drifted into a sweet slumber to the sounds and smells of the ocean.

### July 3rd

Our tents' rainflies mostly blocked the sunlight, but we all woke up and began to get ready for our day on Hog Island with Driftwood Drew at 7:30 a.m. By the time all our personal gear was packed, steaming hot pancakes, with S&Ms or blueberries, were ready. Driftwood Drew then told us to fill our water bottles because we were going on a nature walk around the island. During this walk Drew pointed out mushrooms, scat, and animal trails. Some even ate "natural pop rocks" a.k.a. sea fleas. At the very end of our walk Drew tricked us all. He stopped, picked up some animal poop and ate it! As he laughed at our dropped jaws, Drew pulled out a box of Raisinettes. We laughed in relief and joy all the way back to the picnic tables where we ate our GORP (Goldfish, Oats, Raisins, and Pretzels).

Once ready for more adventure, we walked to the lab, a building on the island filled with taxidermied animals, microscopes, and even a touch tank. The girls crowded around the tank and examined the aquatic life inside: fish, crabs, seaweed, and even a lobster. Once everyone had held the lobster and explored incredibly interesting exhibits, the girls ate lunch. Lunch was scrumptious with fresh peppers, cucumber, and avocado with hummus and pita sandwiches. By then, the time had come to load our gear back onto the Snowgoose to head back to Bremen.

The boat ride back was beautiful with the sun shining high in the sky. We loaded our gear back into box trailers and slowly climbed into the vans, sad that our time on trip was over. On the ride back to Wavus, the vans slowed and all heads turned to see the big sign for J-Scoop Ice Cream.



We climbed out of the vans as fast as we could and ordered our ice cream. One by one each girl was handed a cone or bowl of ice cream. When each girl had their fill, we loaded the vans once more and drove back to Wavus to cap off a wonderful two days of exploration and adventure.

Liv Small, HBC

## Algonquin Hog Island June 25th



The girls of Algonquin cabin awoke to prepare for their primer trip at Hog Island! We left Wavus after a yummy breakfast before departing for our 40-minute drive to Bremen, ME. On the car ride, we played Disney songs and sang silly made up songs. Once we arrived, we met our amazing guide "Driftwood Drew". He led the group on an hour-long nature hike by the water. While on the hike we got to see a horseshoe crab skeleton, a wide variety of wildflowers and the cabin got to learn about identifying poisonous plants. Once the hike was over the cabin enjoyed some Mac 'n' Cheese for lunch as we sat by the water.



After we finished lunch, we kayaked over to Hog Island. At Hog Island we learned about the Leave No Trace principles and how to help preserve nature. Soon after we made camp before some rain came. While we experienced some rain in the afternoon, we had a quick rest hour and played games and sang silly songs. Once the rain had lifted, we were able to cook our dinner of burrito bowls.



As the girls were finishing up their dinner, they went on the search for the mysterious gnome that is hidden on Hog Island. As the light in the sky slowly darkened, we ended the day with s'mores on the beach. High tide

was slowly creeping into the cove, so we only got to spend an hour on the beach before there was not much beach left. With bellies full of s'mores, the girls got ready for bed and we all shared our favorite thing we had done that day.

### **June 26th**

The next day we ventured into the Audubon Society's lab and picked up sea creatures and got to look at sea life under a microscope. The girls were very interested in the osprey videos Drew showed us and asked tons of questions about the marine life around the island. After some fun in the lab, we all took turns jumping off the dock into the water. The water was at high tide so the conditions for jumping into the water were perfect. Some of the girls were a bit nervous about jumping into the water at first, but after seeing some of their friends jump in, they got the courage and soon everyone was jumping in and laughing loudly. After our quick swim, we finished packing up the boat and slowly kayaked back to Bremen.

Once at Bremen, we greeted the next group of girls going to Hog Island and sat and ate our lunch with them. We all laughed and enjoyed our sandwiches and discussed what the next group should do and what they should expect. We had a blast and learned so much, we were all smiling and singing loudly in the car on the ride back to camp. Algonquin loved their trip and can't wait for their next trip to Camden Hills!

Casey Walsh, HBC

### **Algonquin Camden Hills July 4th**

The cabin of Algonquin was quick at waking up and adding their last-

minute items to their bags before loading up the van. The girls were excited to enjoy their trip. Our drive from Wavus to Camden Hills was quick and after a pasta bar lunch, we got on to the trails.

We hiked up Maiden's Cliff Trail with Charlotte in the front and Grace in the back. The girls struggled a little with the steepness of the trail, but they were determined. Once we got to the top, the view was worth it. We enjoyed handfulls of GORP and sat back and enjoyed the view. We all felt very accomplished and we quickly made our way back to the bottom and back to the campsite to make dinner.

Lilly, Sonia, Sylvie, and Paige helped counselor Betsy start a fire to cook our dinner over. Dinner was burgers and veggies made in a foil pouch and dessert was wrapped apples (which were apples stuffed with cinnamon and sugar cooked over the fire to make them soft like applesauce). After a yummy meal, we quickly got ready for a mile and a half hike to the top of Mt. Battie for fireworks! The "hike" was the service road which was easier at night. At the top of the mountain we had a gorgeous 360° view of the sun going down and the mountains kissing the sky. Once the fireworks started there was a hush over the crowd and someone in the crowd started to strum his guitar and it created a breathtaking experience. After the fireworks, we made our way back to our campsite and fell asleep.

### **July 5th**

After staying up late for fireworks the girls slept in a little and enjoyed a breakfast of S&M pancakes. Soon after breakfast, we left our campsite for an easy hike with lots of ocean views. The night before left many girls tired



so after the short hike, we came back the campsite for lunch and changed into bathing suits. After seeing Abby and Virginia trying the escape to the hammock because they were tired, we realized the girls needed to relax. The rest of the afternoon consisted of a couple hours at the beach so that the girls could relax and swim. The day was so hot that the swimming in the cold Maine water was incredibly refreshing. We finished up the night with a dinner of chicken Caesar salad and pan-fried potatoes. We all talked about our day and slowly all went back to our tents.

### **July 6th**

Due to thunderstorms rolling in, the ladies of Algonquin decided to pack up our campsite early and move to Camden Hills group site's pavilion for a breakfast of bagels and berries. We enjoyed some of counselor Raven's riddles and Juliet shared some jokes with the group. The weather did not seem to be bad yet, so we found the shortest hike Camden Hills had, Adam's Look Out, and we hiked it. Then we drove up Mt. Battie to check out the other side that we did not see the night we saw fireworks. The views were incredible, and the girls enjoyed seeing all of the different areas they could see. Once we finished checking out the views, we left the Camden Hills area, but before we made it back to camp, we stopped at J-Scoop.

Casey Walsh, HBC

## **Mohawk**

### **Damariscotta Lake/Cool Island**

#### **June 25th**

The girls woke up excited to get on their trip. For some of the girls in the cabin, this would be their first ever Wavus trip! We headed out for a short

van ride to Kieve, where we then canoed across the lake to Cool Island. Though the weather conditions were a bit rough with a very windy paddle, we made it over safely to our home for the next two days. After a delicious and warming lunch of grilled cheese and tomato soup, we waited out an afternoon thunderstorm before all swimming in the late afternoon sun!

We enjoyed yummy hamburgers for dinner and though it was too wet to make a fire, we didn't let that stop us and still made s'mores without melting the marshmallows! We all slept well in our tents after a great first day.

### **June 26th**

The bright sun, along with the smell of yummy S&M pancakes (a crowd favorite), woke us up to begin our second day! After learning how to take down tents and a campsite, we loaded our canoes and paddled back to Kieve where we were fortunate enough to enjoy a morning on their indoor rock-climbing wall. We love the Wavus climbing wall, but it was awesome to get a cool and different experience! A few of the girls were excited to run into their brothers and ask how their time at camp has been for them.

We sat down for a much-deserved picnic lunch before heading back to Wavus, but not before stopping at Round Top for a yummy ice cream cone. It was a wonderful primer and got us ready for our trip to Mount Blue!

Ella Janvier, HBC

## **Mohawk**

### **Mt. Blue State Park**

#### **July 1st**

After a yummy Sunday breakfast of monkey bread in camp, we headed out on our two-hour drive to Mount Blue. Upon arrival, we enjoyed a warm



lunch of bacon mac n' cheese, which was a crowd pleaser. We decided to take advantage of the sunny day and take a half day hike up Bald Mountain. The hike was a little steeper than anticipated, but Filippa and Alison led the way and we all made it up in what felt like no time at all! We enjoyed some wonderful views, and Chloe and Peyton kept us all entertained with their silly stories, especially about Johnny Herald and Velma.

We made it back to our campsite for a well-deserved dinner of burritos and quesadillas, and everyone's favorite, scrambled brownies! Dana and Willa especially enjoyed trying this treat for the first time! We all slept well that night after a long day.

### **July 2nd**

The girls of Mohawk woke up bright and early after a great night's sleep in our tents! After a filling breakfast of bacon and egg bagels, we began our hike up Tumbledown Mountain.

Maggie and Hope eagerly placed themselves in the front of the pack and remained there all day, helping to find the best climbing routes on the rocky terrain. After a long hike, we were greeted with a stunning mountain-top lake, with a beautiful view of the surrounding wilderness and the perfect opportunity to swim. We enjoyed a picnic lunch and swimming as a cabin. Kate, Carson and Avery even encouraged the group to swim all the way to the island in the middle of the lake!

We arrived back at camp to a satisfying dinner of cheeseburgers, complete with a huge campfire and s'mores!

### **July 3rd**

Our final day at Mount Blue was the warmest, so we decided to have a beach

day! We spent the morning swimming, lying in the sun, and, of course, Isadora enjoyed her book! The girls also loved the nearby playground.

Tired and sun-kissed, we made one final stop at J-Scoop before heading back to Wavus. It was a wonderful trip, and we are so excited to see the future of these girls on Wavus trips!

Ella Janvier, HBC

## **Cheyenne**

### **Damariscotta Lake/Cool Island**

#### **June 27th**

After a filling and delicious breakfast at camp, we embarked on our primer trip to Cool Island. We enjoyed a 20-minute van ride to Kieve where we put in our boats and paddled to the island. We filled the time in the van with lots of singing and laughing and before we knew it, we had arrived at Kieve.

At Kieve we unloaded the canoes and began our paddle to Cool Island. During our paddle the weather was perfect. The sun was shining, and we spent an hour canoeing and contemplating the amazing views of Damariscotta Lake. The girls were also so excited to explore another region of our amazing lake.

Once we arrived at the island at 12:30, we were ready to eat lunch as we were all hungry after our paddle. We ate sun butter and jelly or honey sandwiches. After a delicious and filling lunch, we started settling into the camp and setting up our tents.

Once we had settled in, the girls began exploring every possible site on the island. They created an imaginary ropes course with the trees and rocks surrounding them, all the while enjoying their freedom together. To finish the afternoon the girls wanted to go swimming around the island. During our swim many of us went

diaper diving and played other fun water games. Afterward, Marina facilitated a team building activity for the whole cabin. It was great to see the whole cabin working together to complete a common goal.

We ended the day eating a delicious cheese and pesto pasta that Cricket prepared for us. After a wonderful dinner we retreated to our tents to play card games and rest up for another fun-filled day!

### **June 28th**

We woke up at 7 o'clock to the pitter patter of rain on our tents. We ate a filling breakfast of S&M pancakes. These pancakes were a wonderful treat to start the day! With our satisfying breakfast, we spent the morning playing more card games under the tarp. Some of the girls learned how to play Rummy which they picked up rather easily. At 12 o'clock we enjoyed a filling lunch which consisted of pita bread with turkey and cheese. After such a filling lunch, we had so much energy we were ready to paddle back to Kieve. We had to paddle really hard to battle the headwinds, however, we filled the paddle with singing and laughter and before we knew it we were at Kieve.

Once we arrived at Kieve, we found that Kieve left their slip and slide up from the day before. We decided that since it was already raining the slip 'n slide wasn't going to make us any more wet. We spent an hour sliding down the slip 'n slide in the rain and the whole cabin had a blast! It was a perfect way to end an amazing trip.

After all the fun, we loaded up the canoes, changed into dry clothes, and arrived at Wavus happy after a challenging but fun-filled day!

Caroline Crosley, HBC

## **Cheyenne**

### **Mount Blue State Park**

#### **July 4th**

We left Wavus after breakfast with our stomachs full yet craving adventure. For the entirety of our two-hour van ride, we sang along to musical numbers from *The Greatest Showman*, *Hamilton*, and *The Lion King*. When we arrived at Mount Blue State Park, the rangers explained that our designated campsite was in a very remote location in the opposite direction.

However, since we were already there, we decided to settle down for a bite to eat and a quick swim before searching for our final destination. The girls cooled off in the lake as counselors prepared burrito bowls with chicken and cheese. One aspect of Leave No Trace principles is leaving a place better than you found it. After lunch, Ari searched the entire area around the picnic table to ensure a beautiful lunch spot for the next visitors. Our quick swim turned into a prolonged stay as we were having too much fun. Olivia helped create synchronized swim performances while others completed laps around the swim zone perimeter, led by Teagan.

Finally, we headed to our site, traveling on one dirt road after another. We took a turn towards the Mount Blue Trail head and discovered a single campsite with a lean-to shelter. It was remote, positioned at the very base of the mountain. After setting up our tents, we had a hamburger cookout. It was a fitting meal for the Fourth of July. For our "evening activity," each tent group created a skit or song about the history of America. Instead, Louisa and her tent group re-enacted "history from ten minutes ago" about the counselors' speeches pertaining



positive attitudes and encouragement. It was both humorous and reiterated expectations. Each smile, laugh, and overall expression of joy carried into a surprise candy party! The girls had been waiting so long for this day!! We even lit sparklers to celebrate not only America's birthday, but an amazing start to our trip. Tomorrow... Tumbledown Mountain!

### **July 5th**

We started our day with a filling breakfast of bagels, yogurt, granola, and fruit before arriving at Brook Trail head by mid-morning. Each one of us understood that this was not going to be an easy trek.

Valentina and Annie led the pack and so began our ascent. It wasn't long until we found walking sticks which both aided in our climb as well as appealed to a certain hiking aesthetic. Alexa loved to explore the woods during our breaks. We encountered slippery roots weaving between giant rocks as the incline intensified. Margaux picked herself up and carried on even after taking a funny step upon shifting dirt. Positive attitudes propelled us up the mountain and we received an instantaneous reward for reaching the top. The view was incredible. The lake was so inviting it's as if the water washed away the strain we faced hiking up. There was a little island in the middle of the lake, where it was mesmerizing to stand in the center, surrounded by even taller pine-covered mountains. Even on this small section of Earth, we found a wide variety of wildlife.

Lilly Mae enjoyed observing the many small fish that were circling around her toes. Annabel discovered a frog quietly resting underneath a rock. After fueling our bodies with sunbutter,

honey, and jelly sandwiches along with our GORP trail mix, it was time to head back down the mountain. Jane took the lead on the way down. The hike up a mountain may seem more difficult in terms of sheer strength, but hiking down is often riskier. Kemble perfected the safest technique of sliding on her bottom when the trail became too steep. As we came to the bottom of the mountain again, it hit us that we really just did that, together!

We drove up to Center Hill Nature Trail to watch the sunset as we made our own personal pizzas. It was a well-deserved meal for such a tough day. We decided it was best to make it an early night and rest our exhausted bodies. I think I speak for everyone when I say I slept like a rock.

### **July 6th**

Counselors woke up to the sound of thunder at 5:30 in the morning. It was growing louder and, thus, closer to our campsite. With a sense of urgency, the girls packed away their sleeping bags and sleeping pads faster than any counselor had ever seen. As we waited under the lean-to, the drizzle turned into rain, on and off for a while. In the end, we figured it's better to be safe than sorry. The girls had fun despite the weather by telling scary stories to pass the time.

We opted for leftovers and had a breakfast of bagels, pizza and everything in between. It was around 8 a.m. when we left the site, returning to Wavus well before lunch. But wait, who returns from trip and doesn't go to J-scoop for ice cream? And so, just before dinner, we piled back into the van for the traditional sweet ending to a sweet trip. Caroline Crosley, HBC

## **Cayuga**

### **Hog Island**

#### **June 21st**

After leaving Wavus, we piled into the van and drove to the Kieve Landing in Bremen, Maine. While in Bremen, we ate lunch and met up with Driftwood Drew, one of the residents of Hog Island. Driftwood Drew led the girls on a nature walk where we stopped to examine carnivorous plants, the skeleton of a horseshoe crab, and plants that were sweet to eat. When we returned to the landing, Driftwood Drew gave us a quick kayaking lesson and we climbed into the boats to paddle over to Hog Island.

Once we reached Hog Island, we set up camp and hung out in our tents because it had started to rain. The rain stopped just in time for us to cook bacon cheeseburgers for dinner. Driftwood Drew showed us a livestream video of an osprey couple that had settled on Hog Island. After dinner we made s'mores and played games together until we went to bed.

#### **June 22nd**

We woke up this morning and had some S&M pancakes for breakfast. After breakfast, we broke down camp and packed everything up. Once we were packed up, we explored the coast line of the island. We skipped stones, looked for interesting shells and rocks and enjoyed the beautiful scenic views of the bay. Some of us even found jellyfish in the water, but we were careful to give them plenty of space! Afterwards, we got back into our kayaks and paddled back to the Kieve Landing. Here, we had lunch and headed back to Wavus with a quick stop to J-Scoop for some yummy ice cream!

Martha Bishop, HBC

## **Cayuga**

### **White Mountains**

#### **June 27th**

After piling into the vans, we drove to the White Mountains in New Hampshire. Once we got to the campsite, we set up camp and ate lunch. Everyone was excited to explore the Emerald Pools, so we drove for just under an hour to the parking lot, and then hiked a short 0.7 miles to the pools. We explored the rocks and the streams, with Margot being brave enough to dunk in the cold water! After playing around upstream for an hour, we walked downstream to the Emerald Pools where some of us jumped off a tall rock into the icy water. Storey even jumped multiple times! Almost all of us jumped into the water, but some of us preferred to stay warm on the shore. Afterwards, we hiked back out to the parking lot and drove back to the campsite for burritos and banana boats for dinner and dessert.

#### **June 28th**

Today was raining all day, so we had to play the day by ear. After eating breakfast, we drove to the Imp Trail and hiked a large section of the trail. We had to turn around before completing the trail because there was a big chance that there would be thunderstorms. However, we had high spirits with Fiona and Tessa leading the group in a fun sing along.

Once we finished hiking, we drove to the base of Mt. Washington to familiarize ourselves with the area. At the information center at Pinkham Notch, we looked at the 3D map to learn more about the area that we were in and the mountain we would be climbing in the coming days.

We wanted to have lunch away from the campsite and away from the



rain so we drove to a local picnic area beside a pond. Half of us explored the pond as we ate our lunch and found tadpoles! We spent a while at the picnic area and once we were ready to leave, we headed back to the campsite to get ready to hike Mount Washington in the morning. We packed our bags for the day ahead and ate chicken parm sandwiches and dirt cups for dinner. We had an early night to get ready for the next day.

### **June 29th**

We woke up bright and early at 3:30 this morning to get ready to hike Mount Washington. After eating a quick breakfast, we piled into the vans and drove to the base at Pinkham Notch. By 4:45 a.m., we were on the mountain and starting our 4.1 mile hike.

Up in front, Charbucks, Tessa and Katie led the group up the mountain. For the first 2 miles, we had a strong and steady pace. We had to slow down for the next 2 miles in order to be safe when climbing over the giant boulders on the trail. The second half of the hike was all above tree line so we had fantastic views of where we had come from and where we were going. We were all really good at encouraging each other to keep on climbing up the mountain. Annie and CC would constantly offer words of encouragement to the group. After a long rock scramble, we reached the summit and we were all very excited to see the top of the mountain and take lots of photos with the summit sign. We had lunch at the summit and Katie wandered around the Tip Top House and information center at the summit.

At 11:30, we started to head down the mountain, and thirty minutes into the hike, most of us were feeling some discomfort in our feet. To fix

this, we took a long break to rest our feet and treat any forming blisters. We continued our descent smoothly until we were well below tree line. Our plans were slightly delayed when a quick thunderstorm rolled in, but we were soon back on the trail and hiking the last mile of the trail.

We were all so excited and tired when we reached the bottom of the mountain. We celebrated our accomplishment with Make Your Own pizza for dinner. Charlotte, CC, Christiana, Petra, and Genna all helped to make a fire so we could have s'mores for dessert.

### **June 30th**

Today we had a later start to let everyone rest from the day before. We had S&M pancakes for breakfast and after a unanimous decision, we decided to have a more relaxed day. With temperatures staying near 90 degrees today, we decided that the best thing to do was stay cool and in the shade. We went back to Emerald Pools after completing the short hike to get there. Everyone who jumped off the rock before jumped again, and this time Kiki also took the plunge! Many of us swam below the rocks as well. Swimming was a great way to cool off!

Afterwards, we hung out in the shade and read our books or talked with our friends and ate lunch. Many of us were feeling the heat and the tiredness from the day before, so we went back to the campsite for a chance to sleep.

### **July 1st**

After a night of thunderstorms, we woke up slowly and got ready for the day. Many of us still weren't feeling great from the heat that had already set in, so we slowly ate breakfast and packed up camp. Once we were already to go, we piled into the vans and got ready for our drive back to Wavus.

As a celebration for finishing our trip, we stopped at J-Scoop to get ice cream before heading back to Wavus.

Martha Bishop, HBC

## **Cherokee**

### **Hog Island**

#### **June 26th**

We drove to Bremen where we had boarded the Snowgoose our first week. The girls actually asked to turn the music off because they wanted to listen to Addie give one of her legendary (definitely not made up) guided tours of the area. We ate pepperoni and provolone pitas and grapes for lunch at the dock. We met Driftwood Drew who took us on a nature walk on the mainland where we played games and used hand lenses to investigate our environment. We got in our kayaks and paddled over to Hog Island. There was a headwind and Katie struggled at first before we noticed that her paddle was twisted so we switched it, which made all the difference!

Everyone made it to the beach in front of our site in amazing time and showed an inspiring adventurousness of spirit. The most impressive part was the efficiency and teamwork with which they put away their boats. We set up camp very close to the nesting Osprey pair and the girls enjoyed coming up with scenarios for how Rachael and Steve met.

Drew taught us more about Leave No Trace and led us on a trail loop of the island. Along the way we heard more about the many distinct habitats on Hog Island and saw the most beautiful mosses and lichens. Lainey especially loved learning about the different flora and fauna. Another highlight for the girls was sticking their feet in the mud flats! Hampton scraped her arm

on some barnacles but took it like a champion and stayed positive. Back on the trail, Drew tricked us into thinking he ate scat when it was really raisinettes he had planted there earlier. We all screamed and laughed our way back to camp.

For dinner we ate stir-fry with chicken, pepper, onion and brown rice with strawberries and chocolate for dessert. Paige loved the whole experience of cooking and living at camp. The girls played mafia until bedtime when we did a guided meditation.

#### **June 27th**

We woke up in the morning and made delicious breakfast burritos with egg, bacon, avocado, cheese, and salsa. The girls packed up their tents and visited the Queen Mary Lab where we handled lobsters and crabs in the touch tank and saw live video from Audubon of the ospreys nesting above us. When it was high tide, all the girls jumped off the dock or the higher platform into the cold saltwater. Lainey, a true Mainer, could have stayed in forever!

Before kayaking to the mainland we ate turkey and cheddar on English muffins with snap peas, cucumber and hummus for lunch. The way back was easier than before because we had a tailwind and the waves pushing us along. Emma Darling was an especially strong paddler that day. We departed Bremen for J-Scoop and everyone thoroughly enjoyed their ice cream before heading back to Wavus.

Sydney Beck, HBC

## **Cherokee**

### **White Mountains**

#### **July 2nd**

We woke up for breakfast at Wavus and the girls stood in front of camp during announcements to make

a farewell speech. The girls were thrilled to get their GORP, their own personalized bag of snack mix for the week. We packed our gear and drove the 2 hours and 30 minutes to our campsite in New Hampshire with some entertainment from Addie, of course.

We set up camp using all the skills we learned on Hog Island, ate a quick lunch of hummus, veggies, and pita, and drove a short distance to Pine Mountain. We hiked the Ledge Trail which is said to have some of the best views of the Presidentials. These first breathtaking views made the girls even more excited to climb Mt. Washington. However, the effort of just a 1.5-mile loop made them nervous for a possible 12 hours of even more difficult terrain. On one of the ledges we had two counselors scouting for the trail ahead, when finally, Kate was the one to find it! Nola really enjoyed the scenery and was always on the look for a photo opportunity.

Back at camp we had pizza for dinner and s'mores for dessert around the campfire. The girls learned more about fire building and helped collect wood to create a 'log cabin' fire.

We went to bed early with the hope of climbing Mt. Washington the next day. Unfortunately, the weather had other ideas. We had to observe lightning protocol for about 2 hours during a strange mountain storm with thunder and lightning but little rain. Even the girls who were afraid of lightning like Mae were very brave and spent the time playing games and talking with their tent-mates. When we all finally got in our sleeping bags again we decided to postpone the big hike to the Fourth of July due to lack of sleep.

**July 3rd**

We woke up and had English muffins with egg and sausage for breakfast at camp. We hopped in the van and the girls took turns helping each other fill their water bottles with the hand pump at the campground. Pumping their own water was a new experience and it made them feel like they were back in a different time. We drove along winding dirt roads searching for Emerald Pools but could not find the trail.

Emma Darling and Mae were feeling a little car sick so we rerouted to Wildcat Mountain where we ate a lunch of turkey and cheddar sandwiches with grapes before visiting Thompson Falls instead. The girls rolled with the change in plans and at the beginning of the Way of the Wildcat trail, Addie and Mae climbed inside a ski gondola on the ground and all the girls joined them for a photo.

When we got to the first falls and swimming hole all the girls enjoyed swimming and playing in the water. Lainey took pictures with her underwater camera and Kate used her goggles to find brook trout at the bottom of the pool. As a group we climbed the more difficult trail up the rocks to four more areas of falls, each uniquely beautiful. The girls' adventurous spirit and curiosity when looking forward to the next section made us all confident about the big hike. On the way Lainey misplaced her camera but Olivia was able to find it! Back at the bottom Kate thought she lost her goggles and with the help of the whole cabin, especially Anne, she was able to find them stuck in an eddy.

After an amazing day we had hamburgers for dinner at camp and got to bed early in preparation for hiking Mt. Washington. Taylor was

especially excited for the experience because her brother had also hiked to the summit while Emma Sawatsky felt unsure because she had hot spots on her feet from unfamiliar hiking boots and had never experienced a trek like this before.

#### **July 4th**

The girls woke up at 4:30 and after a quick but hearty oatmeal breakfast Cam led us in a round of stretching. We arrived at Pinkham Notch around 6:00 a.m. with a forecast of warm, sunny weather and low wind. Olivia put us in line, the order in which we would hike, with her leading, Cam in the middle and Sydney as the caboose.

Near the beginning of Tuckerman's Ravine trail descending hikers warned us that they had just seen baby moose on the trail behind them. To be safe we announced our presence ahead of time to both baby and mama by singing Wavus favorites like Dominica and My Highland Goat. Mae had an upset stomach but found the strength to keep going. Cam distracted us from the physical struggle by leading a share of what we would each eat on our perfect day of food. The other folks on the trail were so friendly and almost everyone was wearing Fourth of July outfits or carrying flags.

Leaving the tree-line we hiked among waterfalls, shrubby plants and flowers with a year-round glacier across the ravine where a few brave souls were skiing and snowboarding! Paige was the first camper in line and helped set an ambitious pace. We took breaks to catch our breath and hydrate often but soon enough we could see the orange tower which is the first visible marker of the summit! At that point it looked like a traffic cone and the final scramble surrounded by just rock and sky took

what seemed like forever. Katie was flagging near the end but summoned her inner strength, determined to keep up. We ended up summiting in about four and a half hours when we had expected up to six! The Sunbutter sandwiches at the top tasted incredible because of the scenery and all we did to earn the view.

At the visitor center each girl picked out a souvenir sticker and refilled her water bottles for the descent. Before we started back, we had another kind visitor take a triumphant cabin photo. On the way down we stopped when Kate had a minor nose bleed and many other times for everyone to use the 'facilitrees'. Less winded, we were able to talk more than on the ascent, playing 20 questions and talking about our pets, favorite books, and dream careers. Hampton was amazingly positive as the last camper in the line both up and down, a crucial role for a mentally and physically strong hiker.

Reaching the bottom in about three hours we returned to camp and relaxed until a dinner of gluten free spaghetti with pesto, onion, peppers, and turkey. We went to bed early feeling that there could not have been a more perfect way to spend the Fourth of July than climbing the mountain named after our nation's forefather and the tallest peak in all New England at that!

#### **July 5th**

We let the girls sleep in after such a hard hike but almost everyone woke up around 7:00 a.m. anyway. We made pancakes for breakfast and got an early start to Winneweta Falls. We stopped for directions at the ranger station, then began the short hike by crossing a shallow river. We stopped to eat lunch halfway, eating pepperoni pitas and dried mango.



We continued on to the first large falls which cascaded down a layered wall of rock, very different from the others we had seen. The swimming hole was deep enough to jump into and Addie, Emma Darling, Georgia, and Mae enjoyed playing on natural water slides. It was very hot and humid so being in the river water all day kept us cool. Kate found more trout, even one making its way down the waterfall. The girls were proud of themselves when every single one of them climbed to the highest water slide. It was a great team-building moment because there was a section where it was impossible for them to pull themselves up without help from those above. The way they motivated and looked out for each other was awesome to see and such a clear product of their shared experience on the mountain.

We also enjoyed just resting our tired muscles and reading on the large river rocks. The spot was very relaxing, and we had the place completely to ourselves almost the whole day like a private meditation garden.

Back at camp we made homemade kettle corn, then tomato soup or gluten free quinoa for dinner. We roasted marshmallows over the fire, created an elaborate fantasy around a stick named Jeffery, and Emma Sawatsky sang us Lion King songs from her role as Simba until we were ready to go to sleep. Then the girls went back to their tents and Sydney played them a mini-concert on her guitar with more songs than she usually sings before bed.

### **July 6th**

We woke up in the night to strong winds and in the morning, it was raining on and off while we ate Cheerios with banana for breakfast and packed our things. We broke down our tents

and practiced the proper way to leave a campsite by sweeping for debris. After a final turn at the water pump we drove to Glen Ellis Falls.

We hiked a short distance in the rain before we saw and heard the majestic waterfall with its 64-foot drop. It was beautiful to see the sheets of rain creating patterns in the sky. Sheltering under a pavilion at the Gorham town beach, we ate our sunbutter and jelly sandwiches and enjoyed the mist and fog rolling among the mountain peaks. Back in the van Cam was DJ and we sang along to a playlist of classic songs and oldies. The drive to camp was uneventful until we stopped at J-Scoop for a well-deserved and much anticipated ice cream. Algonquin cabin was there too, getting a treat after their trip.

Finally, we returned to Wavus with a warm welcome on Cake Boss day and quickly and efficiently took care of our gear. We cleaned and unpacked in time to participate in the cake decorating competition where the girls were awarded 2nd place for their White Mountains at sunset themed cake. Each girl in Cherokee cabin came back to camp seeming to glow with confidence as well as a sense of camaraderie and fulfillment that could only come from taking on such an intense challenge as a team. As counselors we could not be more proud of what they accomplished and how they treated each other on their first big Wavus trip.

Sydney Beck, HBC

### **Narragansett**

#### **Hog Island**

#### **June 29th**

Fueled by a delicious Wavus breakfast, we hit the road for the short drive to the launch area. Narragansett

never misses an opportunity for song so as you can imagine, the ride passed quickly. We had a quesadilla lunch, went on a nature walk, and jumped off the dock on the mainland before kayaking over to Hog Island. The sun was glimmering off the water and it was the perfect day for a short paddle. Elsie, Bea, and Hadley were leading our pack.

After enjoying the smooth seas, we spent the rest of the day setting up camp, exploring the island, and working on teambuilding activities. Driftwood Drew welcomed us and gave us the grand tour. The nature trails offered a chance to learn all about various island species, and why they're important. We also met part of the osprey family (from a distance) and saw the nest they built to lay eggs and raise their young.

Before dinner we spent a couple of hours working on teambuilding activities with Driftwood Drew, visiting the museum and lab, and jumping off the Hog Island dock. In the lab, Paige, Stella, and LoLo were the first to hold lobsters, crabs, and other marine creatures. We had pasta with fresh vegetables for dinner at the beautiful picnic area near our campsite. After dinner, the girls worked to complete the "quals" that Driftwood Drew created. They included building a fort, walking through the mud flat area at low tide, and spotting various wildlife and plant species. Susanna and Georgie led the charge on building a creative and practical fort on the edge of the beach and the forest.

Before bed we had a campfire and s'mores. Satya and Cici both told funny, animated stories and we all looked at the stars before climbing into our tents for the night.

## **June 30th**

The girls woke up early with the sun as it was a hot day, even in the morning. We started the day with S&M pancakes, which were a big hit. Before kayaking back to mainland, we went for another short nature walk and spotted deer, Pitcher plants, and a sandy beach on the island.

We jumped off the dock again, had a snack, and then paddled back to the mainland. As always, Sam and Meg were the first-in and last-out of the water! Before heading home we had pita pizzas for lunch. The girls were tired, but happy on the way back. It was a great first adventure!

Jenny Sneed, HBC

## **Narragansett White Mountains**

### **July 7th**

Today we spent the morning and early afternoon driving from Wavus to the Barnes Field campsite in the White Mountain National Forest. We got to campsite around 2 p.m. after having lunch at a pleasant outdoor recreation center near Barnes Field. We also took a quick visit to the ranger station to check the weather for the next few days. The ranger let us know that tomorrow would be a perfect day to climb Mt. Washington as the weather looked sunny and clear. Then we set up camp, had burrito bowls for dinner and went to sleep early for our big day tomorrow.

### **July 8th**

We woke up a little before 5 a.m. and had a quick oatmeal breakfast. Our hike for Mt. Washington started from Pinkham Notch by 6 a.m. The beginning of the Tuckerman Ravine trail was closed at the trailhead as a bridge was closed. We followed the



detour signs for an alternate route to reach the trail and it took us up the steep ski path in certain areas. From there we transferred to the Tuckerman Ravine trail and hiked it to the summit.

At one point on the trail we were greeted by a young moose. We stayed quiet and the moose passed us closely to continue down the trail as we went up. It took us about 4 hours and 30 minutes to the summit. The quickest in the group finished at 4 hours and 15 minutes and our last counselor reached the summit at 4 hours and 35 minutes. Stella, Sam, and Susanna were leading the pack and the first to reach the summit!

We had lunch on the top in the lodge and took photos with the Mt. Washington sign before heading down. We took the Lion's Head trail to the Tuckerman Ravine trail on the way down. It took us 4 hours and 30 minutes to get to the base of the mountain. Meg was cruising down the mountain with a big smile on her face. The girls were tired when we finished, but felt immensely accomplished! We had burgers for dinner when we got back to the campsite and went to bed early.

### **July 9th**

The girls slept in as we had a big day yesterday. We had S and M pancakes for breakfast before packing lunch and our day packs and heading to Emerald Pools. It was about a 45-minute drive to the Bald Face Circle trailhead. The hike to Emerald Pools was less than a mile and it was not too crowded when we got there. The girls had a blast jumping off rocks into the water and wading in the small pools. Hadley, LoLo, Cici jumped off the rocks a total of 50 times!

We had lunch and ended up spending most of the day here as it was sunny

and hot. Satya, Elsie, and Paige enjoyed sitting peacefully at the top of the waterfall - talking and relaxing.

Before heading back to the campsite we got the girls ice cream in town. We had quesadillas for dinner and another early bedtime around 8 p.m.

### **July 10th**

After eating bacon, egg, and cheese sandwiches for breakfast, we did a short hike to Thompson Falls. The trailhead was at the Wildcat ski mountain, which was only about a ten-minute drive from our campsite. The girls swam in the water and played in the waterfall even though the water was crisp. Georgie and Bea loved swimming over to the waterfall and then plunging into the water.

Next, we drove a few minutes north to Glen Ellis Falls. We had a picnic lunch near a small waterfall and then walked a few more minutes to look at the beautiful 50-foot waterfall. Since the girls were not able to swim here as the current was too strong, we took them to the recreation area to swim for a few hours.

Back at the campsite, we had pasta for dinner. We planned to have a campfire, but there was a thunderstorm warning, so we climbed into our tents early for bed.

### **July 11th**

The girls woke up before us and had packed all their gear and were ready to go! We had cereal for breakfast and then headed out. We stopped around noon to have lunch at a beautiful park on the river in Augusta and then stopped for ice cream before heading back to camp. The girls were excited to be back at camp and felt accomplished after a great adventure!

Jenny Sneed, HBC

## **Omaha**

### **Damariscotta Lake/Cool Island**

**June 21st**

Today was our first day of primer! We left Wavus after breakfast, paddling for about two hours, and arrived at Cool Island in time for a late lunch of delicious grilled cheese sandwiches and tomato soup. Kaitlyn led us in several rounds of a fun game of Zoo, and later Annie set up several Word Assassin games that helped time fly by!

It was a beautiful day and Elsie inspired us to spend lots of time hiking and exploring the island. Counselor Kate had her birthday, so Georgina and Fiona had the great idea to create a dance and natural card out of pine cones for her and we all sang happy birthday to her.

After a yummy dinner of rice, stir-fried veggies, and chicken, we roasted marshmallows – Clara made her first s'more ever! We then turned in for the night, excited for the next day!

**June 22nd**

This morning we got up a little earlier than we do at Wavus to take down our tents and make breakfast. Mary and Fi helped some of the counselors load the boats into the water while the other counselors made our breakfast which was bacon and egg breakfast sandwiches. Emmie worked on cleaning up while the rest of the cabin finished packing. On the paddle back to Wavus Jillian and Murphy kept us entertained with plenty of songs and funny stories. We had tailwinds on the way back and which helped us arrive at Wavus earlier than we had expected. After a picnic lunch of Sunbutter and jelly sandwiches we rejoined normal camp activities, excited for our upcoming trip!

Charlotte Phillips, HBC

## **Omaha**

### **St. Croix**

**June 26th**

Our day started very early, with a 4:30 wake up at Wavus. It was chilly but the beautiful sunrise made up for it. After breakfast at Wavus we headed out to our put-in location on Lake Spednic, in northern Maine. The paddle to our campsite at Cedar Point only took us a short two hours. Jillian found some excellent rocks to sit on by the water and we relaxed after lunch soaking up the warmth of the sun.

In the evening we had burgers for dinner while Murphy led the water bottle filling process, using our water pumps to filter the water and Elsie helped with dishes. After everyone had shared their rose, bud, thorn we went to bed, excited for our first full day of trip.

**June 27th**

This morning we had a bit of a sleep in because of our early morning the day before. Breakfast sandwiches got us off to a good start before we began to paddle. After two or so hours of paddling, sped by songs we sang under Annie's leadership, we reached our campsite, The Narrows. Lunch was cold cuts again. We took advantage of the beautiful campsite to go for a swim after lunch, with Clara leading a group to a rock in the lake and Kaitlyn directing a photoshoot. For dinner we had chicken parmesan accompanied by a fun conversation about each other's schools before bed.

**June 28th**

Today was our longest day of trip. We woke up at five to pouring rain. We were on the water by 6:30 and, despite the weather and bad head winds, we made it to Vanceboro dam by 10. Thanks to great communication



and team work we finished our portage by 11, and left Vanceboro at one. That moment marked our first day on the St. Croix river!

The first section of river paddling was a bit tricky, but we worked hard as a team. Georgina helped keep us entertained with a conversation about what kind of footwear animals wear (we agreed most would wear slippers). Because of the weather we ended up camping at Porter's Meadow, where the counselors made pesto with pepperoni before an early bed.

#### **June 29th**

Because of our long and cold day yesterday, we slept in this morning. Before we got on the river, we had a breakfast of bagels with a variety of toppings. The weather in the morning was nice, and we were at Little Falls in time for lunch. We continued on down the Croix with Emmie entertaining us with silly voices and stories.

Thunderstorms forced us to make camp before we got to where we wanted to be, but the spot we stopped at turned out to be a nice camp area. After personal pizzas we went to bed.

#### **June 30th**

We woke up early this morning, excited for the distance we had to cover. The weather was great and we were in fine spirits. About halfway through the morning we got to Canoose Ledges. We scouted the rapids and paddled down successfully. Fi did an excellent job as our only camper in the stern.

We reached the beautiful campsite at Egg Point by 11. A lunch of ramen fueled us for the rest of the day, which we spent swimming, relaxing and playing games before a dinner of burrito bowls.

#### **July 1st**

Our final day! We were proud to

have finished, sad trip was over, and happy to be heading back to Wavus. We woke up, took down camp with extra help from Mary, and got on the water.

It took us less than two hours to reach our take-out point, where we celebrated with S+M pancakes before Teri, our pick-up driver, arrived to collect us. On the way back we stopped for a well-earned lunch out before we got back to Wavus to be greeted by our friends and share our stories. What an amazing trip!

Charlotte Phillips, HBC

### **Ojibway**

#### **Damariscotta Lake/Cool Island**

#### **June 23rd**

We left Wavus at about 9:30 a.m. and paddled on Damariscotta Lake to Southover. The weather was cloudy, with a little bit of rain. We spent some time teaching canoe strokes in the water near Wavus Point. Eva and Katalin were both new to the stern, but they learned quickly. We reached the Southover campsite about 11:30, just in time for lunch, which was turkey and cheese sandwiches. After setting up tents and cleaning up from lunch, the girls played games on the dock and enjoyed the remaining sunlight.

For dinner, we all made mini pizzas. It poured rain that night, but it wasn't enough to break our spirits, and we all gathered around the picnic table under the tarp. We talked about how important it is to keep an open mind when trying something new for the first time, and the girls were excited about the progress they had made and would continue to make in their canoeing skills.

#### **June 24th**

We woke up at about 7 a.m. and

had bagels and berries for breakfast. Caroline C. and Grace helped turn over canoes and load them into the water. Ellery and Caroline V. were in a boat together, with Ellery in the stern for the first time, and she learned quickly. Sarah Dow was also in the stern for the first time, and she learned quickly, too.

We paddled across Damariscotta Lake back to Wavus. The weather was a little bit cloudy, but still nice, and we made it back to Wavus in half the time it took to get there the day before. The girls improved so much. We had a lunch of pitas and hummus outside the trip shed, then ended our primer with a trip to J scoop.

Aisha Rickford, HBC

## **Ojibway**

### **St. Croix**

#### **June 29th**

We departed Wavus right on time at 6 a.m., beginning the long drive to our put-in at Castle Road on Spednic Lake. We arrived around 11 a.m. and began the paddle to Birch Island. We decided it would be a great place for lunch.

We had a lot of time left and so decided to paddle half of the next day. Eva and Sarah Dow led the group in singing Taylor Swift songs as we canoed to Squatter's Point, where we camped for the night.

A thunderstorm rolled in around 4 p.m., but was gone by 5, when we started making burrito bowls for dinner.

#### **June 30th**

We woke up at 6 a.m. and ate bagels and berries for breakfast. Then we paddled to the Narrows campsite and played games for an hour, led by Caroline V. and Kat. After that, we began the long paddle from the

Narrows campsite to the Vanceboro Dam. There, we did our first semi-portage – a suitcase carry – after having lunch at the boat launch.

After the suitcase carry, we had a treat of root beer that we bought from the nearby gas station. Then Ojibway did their first river paddling ever on the St. Croix River. We arrived at our campsite at Wing Dam Island in time to start pesto chicken pasta for dinner.

#### **July 1st**

We slept in, given that we didn't have very far to paddle today, and then paddled along the Croix toward the Little Falls campsite. We paddled our first real rapids and rips of the trip, and pulled our boats in at Little Falls to scout the rapid. Counselors took the boat down while the girls portaged gear, and then we all had lunch at the campsite.

After lunch, we walked down the portage trail to the next campsite and swam. Grace was super helpful in making mini pizzas for dinner and led the girls in cleaning up dishes. We ran into another camp, with whom we shared a campfire, and then we went to sleep to prepare for the next day.

#### **July 2nd**

We woke up at around 7 a.m. and had oatmeal for breakfast. Then we loaded our boats and paddled down the rest of the Croix, where we hit some of the rockier and more exciting rapids and rips of the trip. The girls did great, with no capsizing, and we reached our campsite at Loon Bay at around 3 p.m.

We hit a headwind when we reached Loon Bay, but the girls paddled hard, especially Tori's boat – she had a race with the lead boat as we approached the campsite. We had curry for dinner and then s'mores around the campfire.



### **July 3rd**

We woke up around 7 a.m. and paddled from Loon Bay to Egg Point. It was beautiful, sunny day, and we had fun looking at beaver dams alongside the riverbed. Today was mostly flatwater with one technical rapid that we had to scout.

We made it to the campsite around 12:30 p.m., in time for lunch, and spent the rest of the day swimming, playing games, and napping. Caroline C. and Grace helped cook our spaghetti and tomato sauce for dinner.

### **July 4th**

We woke up at 6 a.m. and made S&M pancakes. It was a sunny day, but not too hot, and we loaded our boats and set off for the short paddle to the takeout. We paddled for the last time on the border between Maine and Canada, and Ellery led the cabin in singing songs. When we set eyes on the takeout, we took turns racing our boats. We paddled the Artificial Channel near Grand Falls dam and took out our boats.

We played cards and some of the girls showed their gymnastic routines while we waited for our pickup. We drove to Bangor and had lunch at Five Guys, before returning to camp.

Aisha Rickford, HBC

## **Osage**

### **Damariscotta Lake/Cool Island**

#### **June 29th**

It was a brutally humid yet gorgeous morning at Wavus. Most of us woke up for the 7:30 morning bell, but some girls woke up earlier to take one last shower before the trip. The girls packed up their remaining toiletries and brought their equipment to the Jewell before breakfast – waffles! After filling up both water bottles and hauling group

gear from the trip shed, we headed right down to the canoe dock to get our day started. Gorgeous, mirror-like waters greeted us at the Damariscotta for 2.5 hours of paddling to Southover. Although it felt like a lengthy paddle for many of us, we knew we were almost there as we heard the bells of Kieve over the way.

It was very toasty outside so we were definitely ready to swim as soon as we reached the campsite. Sunbutter and jelly sandwiches tasted, oh, so delicious after the long morning. The chipmunks seemed to think so, too, almost snatching a few themselves!

The afternoon was spent lounging in hammocks and on the dock, taking advantage of the beautiful weather and campsite. Things picked up, though, when a late afternoon thunderstorm rolled through! Luckily our tents were already up and we could safely wait it out - all of just ten minutes. Soon after, we ate a delicious dinner of pita pizzas, followed by sunset swimming in the mist. We ended the night with marshmallow-and-S&M-loaded scrambled brownies!

#### **June 30th**

Since we didn't need to be back at camp until 2:00 p.m., we enjoyed a nice sleep-in and slowly packed up camp throughout the morning. We made mouth-watering S&M pancakes for breakfast, then soon after enjoyed a great brunch of S'Mores... what a delicious combo!

We hung around at camp for another couple hours, taking full advantage of the beautiful weather. The girls went for another swim and layed out on the dock. We did a last sweep of the campsite and started to paddle back to Wavus around 12:00.

Although we did encounter some

choppy waters, all of the girls worked hard and had good spirits through it all. It was great to see how much the girls improved their paddling over the course of just 24 hours!

Upon our return to camp, the girls learned to clean all the trip equipment and return all the gear to the trip shed. After thoroughly cleaning, the girls opted to use one of their J-Scoop runs to complete their run of yummy meals throughout the day. We washed up after our adventures with a refreshing swim in the lake before dinner.

Anne McKee, HBC;  
Sophia Linkas, JC;  
Bailey Ytterdahl, JC

## **Osage**

### **St Croix**

#### **July 4th - Wavus to Cedar Point**

Happy Fourth of July! The girls woke up bright and early at 4:30. They packed up the rest of their gear and tiptoed down to the Jewell. The girls helped grab all the group gear from the trip shed and load it into the canoe trailer. The next step was piling their paddles, helmets and lifejackets into the van. Around 6:20, after saying our final goodbyes to Hannah, Jen, Sarah and Greta, the van pulled out of Wavus Point Road. It was about a 4-hour drive to the put-in location, filled with a combination of singing and sleeping.

Upon arrival, after snacking on some GORP, we loaded up our canoes and watched as the van bumbled away down the rickety gravel road. We were finally on our own. Shortly after, we pushed off to start our paddle on the beautiful, mirror-like waters of Spednic Lake. We paddled to our originally-planned campsite, Birch Island, in less than an hour, so we decided to take a look at the map to determine if we

wanted to keep going. The girls were feeling confident, so they decided to get a head start on day two of paddling, cutting off a good chunk of tomorrow's work, travelling to Cedar Point campsite. After our first day of paddling, the girls were exhausted but felt extremely accomplished.

Cedar Point was a gorgeous campsite, very open and filled with large - as one might imagine - cedar trees. We had a tasty lunch of sunbutter and Nutella pitas to recover from the long day's effort. Since we arrived at the campsite in the early afternoon, there was some downtime to enjoy. Many girls took naps, chomped on GORP, played Old Maid, and skinny dipped both midday and at sunset.

We had a classic 4th of July dinner of chicken/veggie patties. There was a gorgeous sunset - oranges, pinks and reds were painted across the entire sky. After a long day of paddling, everyone hit their tents early in preparation for a longer paddle the following day.

#### **July 5th - Cedar Point to The Narrows**

The alarm startled everyone at around 6 AM, taking most of us a little longer than anticipated to get ready and pack up camp. A warm breakfast of sausage, egg and cheese breakfast sandwiches greeted those who had packed up their personal gear. We left the campsite around 8:30.

The temperature was increasing rapidly, so everyone made sure they layered on their sunscreen and sipped from their water bottles as often as possible. The lake was once again like glass. Although the day was long and extremely hot, the girls were largely in great spirits. Rose and Clara started to create a song in the tune of 'How Far I'll Go' from the movie Moana.

We finally got to The Narrows campsite around lunchtime, enjoying a delicious meal of sunbutter and jelly sandwiches. Since it was steamy the entire day, the girls were in the lake all afternoon, singing, dancing, and colonizing rocks as their own in the water. When the cabin wasn't in the water, there were a lot of scribbles taken down in journals, pages read in books, and naps in hammocks and crazy creeks.

Dinner rolled around, and the smell of rice and veggies wafted throughout the campsite - a scrumptious dinner of stir fry and curry! Eliza was particularly ecstatic about the meal. To end the day, especially after a rougher one with the heat, everyone enjoyed a chilled Milky Way bar! Tomorrow was to be the longest day of trip, so everyone watched the sunset and hit the tent around 9. An early wake-up the next morning ensued!

#### **July 6th - The Narrows to Little Falls**

The alarm went off at 4 AM for the longest day of the trip! In store for today was our last day of lake paddling, a quick portage, and our first day of rips on the St. Croix River. After a quick breakfast of Nature Valley bars and sunbutter, we left the campsite for a misty morning paddle across Spednic Lake. Led by Anya and Celia, the girls sang and created lots of songs including the 'Chicken Island' song... on repeat.

Just before we reached the Vanceboro dam - our portage site to the river - thunder came a-rolling and we were forced to pull to the shoreline. About an hour later, we reached the dam, ready to carry all our gear and canoes down the road in the still-downpouring rain. But just minutes later, we hit a tremendous stroke of luck as a blue

Subaru pulled to the side of the road: Helen, a 72-year old woman from the area, saw the glowing smiles on the girls' faces in the rain and offered to shuttle our stuff! We were endlessly thankful for her kindness and so happy to finally get onto the river!

All the rest of the day, the sun came out more and more, revealing gorgeous vistas along the St. Croix. Hitting our first rips proved a bit challenging, but extremely fun - the girls enjoyed a change from the calm lake paddling.

We stopped for a lunch of SB+J/ Nutella/honey on wraps at the beautiful Gravel Pit campsite before continuing our record-long day down the river. Although there were some stuck canoes given some shallow waters, spirits ran high through the entire day, propelled by Caroline's positivity and shiny smiles. And, of course, when the dragonflies waged war on Clara's boat - it's a good thing she created three "dragonfly defense" positions to ward them off, or we all may have capsized.

Twelve hours later, and some massive headwinds on the final stretch, we reached our gorgeous campsite at Little Falls. Every girl's confidence was on a high after such a long, hard day - TWELVE hours! We enjoyed massive burrito bowls for dinner and cozied into our sleeping bags as soon as possible for the night.

#### **July 7th - Little Falls to Loon Bay**

We woke up to a very chilly morning overlooking Little Falls, a Class III rapid. After scouting, the counselors decided to run the boats while the campers looked on to see the excitement. One quick portage of gear later, we were back on the water for another long, but thrilling day. Many rips were in store for the morning, some fun and



some frustrating, but everyone would agree that they enjoyed the experience! Even though some boats got stuck - like Claire and Celia's boat on a huge rock! - we learned so much about whitewater dynamics and how to navigate them.

A few hours later, we decided to stop for a quick lunch, enjoying more sunbutter and jelly wraps. Claire and Eliza sneakily stole the snap peas from Sophia, Ava hugged too many trees to count, and Eliza chased away squirrels for Bailey... it was certainly a fun time! Soon enough, we were back on the river to continue our paddle down to Loon Bay.

A few hours of paddling later, we arrived at the Loon Bay campsite, a point surrounded by stunning views all around. All afternoon was relaxed, filled with journaling by the water, a camper invasion of the counselor tent, and LOTS of GORP eating. For dinner we enjoyed a pasta bar, complete with marinara, pesto, cheese, and Italian spices. As temperatures dropped down in the evening, everyone enjoyed Sophia's amazing loaded scrambled brownies as the sun set.

#### **July 8th - Loon Bay to Egg Point**

Stunning mist-covered waters, reflecting beautiful pastel colors of sunrise, greeted us as we woke up for our last full trip day. After a leisurely pack-up, we hit the water around 8 AM to tackle the day. Less than an hour into our paddle, we reached Canoose Ledges, a Class III rapid. After scouting, the counselors determined that it would be safe for all boats to run it! All six boats successfully made it down (wahoo!) and to the ensuing rips to come.

Propelled by the promise of a big lunch when we got to the campsite, the girls powered through some very

difficult headwinds. Looking at the map, we looked to have hours ahead before we reached our campsite, much to the chagrin of all. However, just ten minutes later, we were surprised with the sight of our campsite - Egg Point - just ahead! Everyone was simultaneously overjoyed and relieved at the sight.

Right upon arrival at Egg Point, the girls were sent to set up tents as the counselors cooked a lunch feast. On the menu was grilled cheese, tomato soup, and ramen, which Anya was particularly thrilled about. We all enjoyed relaxing on our last afternoon, laughing and braiding hair, drinking La Croix (on the Croix!!), and napping. Some of us even saw a gigantic snapping turtle lurking in the waters - what a cool sight!

We had a light dinner of some pizzas, cheese melted perfectly on the Coleman stove, then toasted s'mores and 's'moreos' at the campfire. The mosquitos came out as it began to get darker outside, ushering us into tents. Without rain flies on, we fell asleep under the glow of the stars.

#### **July 9th - Egg Point to Wavus**

Pickup day! Everyone woke up a little before 6 AM to begin the short paddle to our takeout point. S&M pancakes were promised as soon as we got there, so we wasted little time. Some girls who had never sat in the stern position of the boat - Norah and Caroline - absolutely killed it in their debut. Once we reached the takeout, every girl was extremely helpful in unloading canoes and hauling canoes up onto shore. The stove was fired up and giant S&M pancakes were churned out, finishing just in time for the van to arrive.

We stopped and feasted on Chipotle

- shout out to Celia for absolutely crushing the meal - then hit J-Scoop just before arriving back at camp. After cleaning all the group gear, setting up tents, vacuuming vans, and washing dishes, the girls were finally released to the showers! Anne McKee, HBC

## **Abenaki Hermit Island June 27th**

Today was the first day of primer! We left Wavus after breakfast and bumped in the car to some amazing tunes. A few of the hits included Every Time We Touch, Year 3000, and Love Story. Once we arrived at Hermit Island, we spent some time setting up camp and getting used to the area. We then headed to the beach for the afternoon.

The girls enjoyed jumping off of the cliffs and exploring the beaches. Kirstie joined us in the afternoon! She took us to Morse Mountain on a wonderful day hike and then to the beach for the remainder of the day. A few girls even braved the freezing cold water. We found some cool sea creatures and returned them to their rightful place in the water.

After warming up in the van, we headed back to the campsite for dinner. Everyone enjoyed pasta and headed to bed after a long day!

## **June 28th**

Today was an adventure full of history and culture. We woke up in the rain and immediately packed up camp. Afterwards, the group headed to Fort Popham to explore. The girls enjoyed exploring the fort and all of its intricacies. We even saw a whale from one of the lookout holes!

We then went to downtown Bath to explore the rebuilding of a historical boat. The girls learned about the

volunteer-based project and even planned to attend the grand opening in 2020. We celebrated the end of primer with a trip to Round Top on the way back to camp. Everyone was excited to get back to camp and was even more pumped to go on the Moose Head Lake region trip in just a few days!

Perry Hicks, HBC

## **Abenaki Moosehead Mountains July 3rd**

Today was the first day of trip! After finishing breakfast at Wavus, Abenaki rolled out of camp around nine. After a car ride of bumping tunes and belting lyrics, we made it to the town of Greenville, Maine. We stopped at the Greenville Visitor Center to get directions and maps for the week. The bread was also temporarily left in the sun to defrost while the girls played a few rounds of the classic, go-to game, Mafia. Once the freezer remains melted off, everyone feasted on sunbutter and jelly sandwiches.

The group then piled into the van and headed North to the B-52 crash site and memorial on Elephant Mountain. This historical monument was a fascinating view into the devastating accident of 1963. We enjoyed seeing the preservation and everything the mountain had to offer.

After Elephant Mountain, we went to our home for the next couple of days, Northeast Whitewater Center. Jeremy and Jessica greeted us and led us up to the lovely campsite number six. Tents were set up and everyone got comfortable before making a dinner of burger bowls. Because it was so hot, a campfire wasn't made. Instead, everyone headed to bed pretty early to prepare for our hike on day two.

#### **July 4th**

Day two of our trip began with veggie sausage, egg, and cheese sandwiches on English muffins. Everyone fueled up for our big day at Gulf Hagas. Jane was our Officer of the Day (OD) and began snapping pictures before we even departed from Northeast Whitewater. Once again, we piled into the van and drove to the trailhead. The gravel turned into dirt and everyone thought we would never arrive, but the trailhead eventually appeared.

The group began to hike, led by Margaux, and we stopped at a swimming hole around lunch time. Mariel especially enjoyed swimming around in the refreshing water. Everyone enjoyed eating and being sun lizards for about an hour. After lunch, we all continued walking (hiking) Gulf Hagas, following the river. What was going to be a short day turned into a long day, but everyone powered through. On the way back to the campsite, a stop at the Dairy Bar was absolutely necessary. Everyone enjoyed big scoops of ice cream after a hot day of hiking several miles.

#### **July 5th**

Today was one of the hardest (and hottest), but most fulfilling days of the Abenaki trip. Everyone woke up around 8 and had cereal for breakfast. Around 9:30, the group headed out to climb Big Moose Mountain. Beforehand we knew that it would be steep, but as the group headed up, the trail became more and more difficult. The girls continued to encourage one another. On the way up, positivity became a powerful word that we all tried to focus on. Many members of the group learned that a large part of hiking is mental. If you continually think that you can't do it, you probably won't be

able to. So, we tried to have positive outer words, but also positive inner thoughts. The group made it to the top and got to enjoy a beautiful view of the Moosehead Lake Region. We made it back down the mountain in record time and everyone sprinted to the van in search of air conditioning.

After our hike, we found a beach to go swimming at. The water felt very refreshing after a day of hard work. Lyla made friends with some of the local children and helped them jump off of the docks. After lunch and relaxing at the beach, the group went back to camp and played volleyball, read, and rested for the remainder of the day.

In the late afternoon, we were blessed with a visit from the Maine Trails 2 girls. Everyone was so excited to see each other. The older girls told us all of their crazy and fun stories from the trail. As everyone caught up, lots of hair was braided. The Maine Trails girls temporarily departed and we had dinner and s'mores by a campfire. Right before bed, the MT 2 girls returned and enjoyed some of our extra chocolate, marshmallows, and graham crackers. Emelia really took an interest in talking to the older girls. They gave her some amazing advice on facing the next mountain. Everyone said goodnight and we were fast asleep after our difficult day.

#### **July 6th**

Today was a day of rest for everyone. It was well needed and deserved after a few days of difficult hikes. We woke up to rain, so slept in a little bit. After the rain didn't let up, the Coleman was fired up and the pancake making began. The girls got to enjoy a breakfast in bed, or breakfast in tent/sleeping bag, meal.



After the lazy morning, we headed to Lily Bay State Park. The rain began to subside just in time for a nature walk around the park. The exploration of Lily Bay was quick, but very beautiful. Hannah was in the front of the pack telling riddles and jokes to the girls around her.

The afternoon was more chill time and skit preparations for the campfire after dinner. One highlight from the campfire was Lily, Clio, and Natalie's song.

### **July 7th**

Today was an amazing day! Despite some hesitancy about hiking again, everyone was an absolute boss. We hiked Number Four Mountain, led by Jane, Lily, and Lyla, faster than ever. Once we got to the top of the mountain, the view was spectacular and there was an abandoned fire lookout at the top. Everyone felt so much stronger than the previous hikes. We spent a good amount of time at the top of the mountain taking in the view.

Once we headed back down the mountain, everyone cheered when we got to the van. When we returned to Northeast Whitewater, despite the heat, Caroline and Victoria played a round of newcomb at the volleyball court!

### **July 8th**

This morning we met our guides Jack and Bryce before heading out for the overnight at Mt. Kineo. We loaded up all of the gear and drove about 30 minutes to our put-out location. Once we arrived at the water, everyone was extremely helpful unloading the boats and gear. In no time the whole crew had rafted up.

Once we were on Indian Lake, the headwinds grew very strong. Mariel had never paddled before

and displayed so much patience and grit while facing the challenge. Even though it took around three hours to get to the campsite across the lake, everyone was in great spirits once we arrived. We opted out of hiking Mt. Kineo because of the lengthy paddle. Instead, the girls enjoyed getting to know Jack and Bryce. Caroline and Shivani pulled several pranks on them and even managed to hang Jack's croc from a nearby tree. Uno and friendship bracelet making were also popular activities this afternoon.

Dinner of cooked pasta with red sauce tasted very good after a long day. Following a very intense round of the hand tapping game, everyone chipped in on building a campfire.

### **July 9th**

Day seven! Today we woke up early and had oatmeal for breakfast, not widely liked. However, adding Sunbutter can make anything taste good. We packed up camp and separated into paddling partners in preparation for returning to Northeast Whitewater. A couple concerts were performed on the way back from Mt. Kineo. Everyone was very impressive with paddling today. We got back in a record 40 minutes! Once we were back at our put-out spot, Hannah showed off her knot tying skills and was a huge help re-loading the trailer.

After lunch, the heat was overbearing, so the counselors decided on a field trip to Little Wilson Falls. Everyone enjoyed the refreshing water. Lyla carried the med kit over her head through the falls and kept it dry! Molly and Shivani brought unlikely guests back after swimming at the Falls. They each found a leech once we returned. After some screams, the leeches were quickly removed from the premises.

Clio and Lily prepared a lovely meal for everyone on the final night of cooking. Appetizers were leftover veggie chicken nuggets, and the main course was a delicious mac and cheese dish. Emelia enjoyed a dessert of some leftover jelly.

### **July 10th**

We woke up today knowing it would be a day of delicious food. Luckily, we were not disappointed. After breaking down camp and packing up the box trailer, the raft guides at Northeast Whitewater served us blueberry pancakes and sausage. We then all got fitted with PFDs and helmets in preparation for our day of blow-up kayaking.

Despite the incoming storm, everyone was excited to paddle down the mighty Kennebec. The boats were blown up and everyone was off. Four boats flipped on the first drop. This included Molly, Natalie, Victoria, and even Chunks and Maddy. A paddle was lost and unfortunately never recovered (RIP). A few brave souls decided to live on the edge even more and attempted surfing in the rapid.

Lunch was an absolute feast, especially after several days of Sunbutter and jelly. We ate on a small shore while we watched a storm pass overhead. The day that we thought would be full of thunder, lightning, and rain turned into one of the best we had all trip – not too hot and not too cold!

After the kayaking adventure ended, everyone hopped in the van for one final ride. As always, the music was bumping, and all voices were heard. Chipotle did not disappoint and the J Scoop that followed was the perfect complement to the meal, and the perfect end to trip!

Perry Hicks, HBC

## **Wawanock**

### **Mount Blue State Park**

#### **June 26th**

Today we had French toast for breakfast and left for Mount Blue State Park 15 minutes after breakfast ended. It was about a 2-hour drive and we passed the time singing along to the radio. When we arrived, we got our tent groups and set up camp. After setting up camp, we sat in a circle and played bonding games and went swimming in the lake. Mia and Pepper had a fun mud/sand fight while Uma and Vera swam out into the deeper water. Mary Claire, Maeve and Jackie went to the sand to read their books.

Some of the girls helped make dinner and we had penne pasta with cheese, pesto, and marinara sauce. Anna, Pepper, Mary Claire, Maeve, Uma, Maddy, Jackie, Bettina, Mia and Daphne went to help with the dishes while Josephine and Ruby stayed at the campsite to help with cleanup. We skipped dessert because we wanted to get a good rest for our hike up Tumbledown the next day.

#### **June 27th**

Today we started the day by waking up at 7:30 and had bagels with cream cheese for breakfast. After breakfast we got in the van and drove to Tumbledown Mountain. We then started our hike. It took us about 2 hours, but the time passed quickly because we sang songs. Uma and Maddy led the hike on the way up.

When we got to the top we took in the breathtaking view and took a nice break for lunch. There was a lake at the top so some of us took a swim. Anna and Mia prepared a lunch of sunbutter, jelly and honey sandwiches for everyone. Mary Claire and Maeve also performed a song about trip for us. We packed up

and descended the mountain. When we got back to the campsite, we headed over to the beach to read and swim. Pepper and Bettina took a long swim in the lake to rinse off.

A few of us then headed back to the campsite to make dinner. Ruby helped prepare an amazing dinner of pizza. Daphne and Jackie then gave us a lovely dance performance. Vera and Josephine made a great fire so we all made s'mores and headed to bed.

### **June 28th**

Today we woke up bright and early and packed up our campsite for our last day of trip. For breakfast we had S&M pancakes, they were so yummy. Uma was searching for her bracelet around the campsite, luckily, she found it where we brush our teeth (yay!).

We decided to hike in two groups due to the weather. In group one, Mary Claire, Maeve, Josephine and others made a song. Jackie and Daphne taught the group a song from last year. Bettina and Ruby found a hiking stick to use up the steep mountain.

In group 2, Mery kept a steady lead as Maddy motivated the group. The girls were all troopers and were in great spirits. Even though the weather was harsh, both groups summited. At the top, Pepper screamed "Yeet".

When we got back down the mountain, Anna helped prepare lunch and we had yummy sunbutter and jelly sandwiches. Diamond Stevens, HBC

## **Wawanock**

### **Moose River**

#### **July 2nd**

We woke up and had our last breakfast at Wavus. Then we packed up the rest of our gear into the trailer and left for Attean Landing. When we got there, we unloaded the trailer and

had lunch. Vera and Anna made us all sandwiches. After we ate, we put our boats in the water and started paddling to our campsite. We ran into some strong headwinds, so we pulled over at the first campsite we saw. There was a couple staying at the campsite on the same beach as us and the wife had the same birthday as Maggie.

After we unloaded the boats, we set up tents and Pepper and Bettina set up their hammocks. Ruby and Mia helped cook dinner which was chicken patty sandwiches. After dinner, Jackie and Josephine pumped water for the cabin. While they were getting water, Daphne, Uma and Maddy were skipping rocks on the lake. We went to bed early because we were getting up at 4:30 the next morning!

### **July 3rd**

On day 2, we woke up early and got to do a beautiful morning canoe ride! It was a special day because it was Maggie's 20th birthday. When we arrived at the beach, we took a short rest and ate some gorp to get energy for the portage.

We started down the trail with our river duffels and gear. Maddy and Uma tackled the cooler while Josephine and Vera helped with the wannigan. The portage trail was long and hard, but each girl tried their best. Once we finished the gear, most people went back to the beach to start with the canoes. We got three canoes half way and then we decided to walk back to the campsite for a lunch break.

Anna helped make sandwiches for everyone and after lunch we changed strategies to the leapfrog. MC, Maeve and Vera carried the canoes the first part and passed them off to Ruby, Maggie and Josephine. They passed them off to Bettina, Jackie and Mia who

then gave them to Pepper, Maddy and Daphne who took them to the campsite. It was long and hard but with the help of everyone we finally got all the canoes to the campsite. We had pasta and scrambled brownies and went to bed shortly after. We all felt proud of ourselves.

#### **July 4th**

We woke up extra early today to beat the headwinds. Maeve and Bettina wore Fourth of July tutus; it was very festive. We had English muffins for breakfast and then loaded the boats. Ruby gave everyone 4th of July stickers and MC put them on her face.

We paddled across the rest of Holeb Pond and started the Moose River! We arrived at the campsite around noon which was great for everyone because we would have the rest of the day to relax. Josephine, Bettina and Pepper started to set up tents while Jackie, Uma and Maddy helped with gear. Vera and Ruby were helpful with getting water for everyone and the other girls hung up their hammocks.

At some point in the afternoon, Camp Winnebago came and said hi to us as they passed our campsite on the river. We learned that they were doing a trip just like us and it was nice to meet them. The day was very relaxing. Anna, Daphne and Mia helped with dinner and it was a great day overall.

#### **July 5th**

We woke up at 4.00 a.m. to get ready for a long day. Today we would combine two days in one in preparation for a nice rest day. We packed our tents and canoes and then had oatmeal for breakfast. With our helmets on, we started our paddling and hit our first set of rips which were fun. We hit another small rip a little while later.

We finally came to our portage of

the day and started by taking the gear. The portage was shorter than the first, and we did it quickly. Maeve, MC and Ruby made a great portaging team while Vera, Josephina and Mia made another strong team. Uma, Maddy and Pepper tackled the heavy gear and Anna guided the girls holding the boats over the rocks. It was hard but not as hard as the first portage.

Afterwards we continued our journey and came to a rapid. At the bottom of the rapid, there was a moose so we had to be super quiet. Daphne and Maddy did not see it right away and were very surprised when they did. Maggie was so excited because she wanted to see a moose the whole trip and we finally did. Jackie and Diamond led everyone quietly away from the moose and everyone stayed safe while witnessing an amazing animal in its natural habitat.

We finally returned to Attean Pond, and finished the Moose River. We got to our campsite and Kieve was there. Bettina and Ruby helped with dinner and we had yummy s'mores.

#### **July 6th**

This morning we slept in to 9 a.m. for a rest day because yesterday we did two days of canoeing in one! Everyone was so excited to chill at our favorite campsite again, Sally Beach. Before everyone awoke, Ruby, Jackie, Mary Claire, and Maeve talked and played games on the beach. Once everyone arose from their restful sleep, Austin and her helper, Pepper, began to create colorful S&M pancakes.

After breakfast, the cabin grabbed crazy creeks and books and had nice reflective time. Some girls chose to work on friendship bracelets, while others chose to read or journal; It was nice to have some quiet time to



ourselves to appreciate Wavus and trip.

Afterwards, Bettina, Mia, and Daphne joined the early morning games group. They played games like 'Mafia' and 'Poison Dart Frog'. Anna helped the counselors prepare a traditional camp lunch of sunbutter, pita, jelly, and honey. Uma and Maddy chilled in the tent while the rest of the cabin chilled on the beach reading.

While we were hanging out, Josephine felt something reptile like on the ground. She pulled up what she thought was a dead snake, but it was a toy dinosaur! We decided to name him Ricardo and keep him as a cabin pet. We stayed on the beach until it got chilly, then decided to chill in the tents while others helped with dinner.

Dinner was a potato bar that was cooked over the fire. Many people had to help prepare dinner because there were many ingredients and jobs to the meal, such as firekeepers and veggie cookers. Maddy was chilly so she came hopping out in her sleeping bag and gave the other kids inspiration to do a photo shot in their sleeping bags. Vera offered a helping hand all day. To conclude the night, everyone had a bowl of hot chocolate to warm us before we snuggled into our chilly tents.

### **July 7th**

We woke around 7:30 a.m., and after cereal for breakfast, prepared for a mid-morning hike to summit Sally Mountain. Maggie led us up the steep hike while Austin held the rear. We found two natural springs that Mia took some neat photos of. Bettina slipped in the mud and got a muddy booty. Maeve entertained the group with funny songs and stories.

When we got to the top of the

mountain, Pepper said "Yeet." Uma took some neat polaroid photos at the summit. The cabin camera was passed around while groups of girls took photos with each other in front of the view, such as Daphne, Jackie, and Mary Claire. Josephine pointed out in the view that we could see all of Attean Pond and part of the Moose River that we paddled. We ate a quick sunbutter and jelly sandwich lunch, before we hopped in our boats. Ruby helped us find the missing lifejackets.

We paddled 45 minutes to Attean Landing to end our paddling trip. Meanwhile, Daphne found a small frog and moved him so he wouldn't get run over. Vera shared some German songs with us after being cheered on from the cabin.

We arrived at rafting where we had free range time to enjoy the amenities of board games, frisbee, soccer, air conditioning, and a swimming pool. Vera thought the hot tub was too hot, but she eventually got in and enjoyed it with the group. Mia, Ruby, Anna, and Uma helped cook really yummy pizzadillas. We then watched the stars before going to bed.

### **July 8th**

We woke up at Adventure Bound. The instructor gave us life jackets, paddles, and helmets. They told us that we would be whitewater rafting in two boats! Diamond separated us based on zodiac signs. The Leo and Sagittarius boat had Maeve, Uma, Jackie, MC, Bettina, and Anna. The Scorpio and Zodiac Mix (Taurus/Aquarius) had Josephine, Vera, Daphne, Ruby, Mia, Maddy, and Pepper. We were whitewater rafting on the Kennebec. It was so fun! The rapids were class 2 to class 4. We all got so wet.

On the way back to Wavus we stopped

for lunch on the side of the river. Most of us had either chicken or steak with wild rice and a warm chocolate chip cookie. It was delicious.

When we got back to Adventure Bound, they showed us pictures and a great video from the day. They caught us all making funny faces and funny poses. Soon after, the Kieve Wavus bus came and took us to Panera Bread! We ate so much food. We finished our trip back at Wavus cleaning and a having a dance party.

Diamond Stevens, HBC

## **Penobscot Bigelow Mountain June 23rd**

With our bags packed and hiking boots on, Penobscot one-and-only departed for the first leg of our trip! The sun shone as we ate breakfast at Wavus and hit the road around 10 a.m. for our campsite. Two hours later, we had reached our destination: The Round Barn campsite at the edge of stunning Flagstaff Lake. To our slight disappointment, the majority of the campsites were full, leaving us to set up on a small landing next to a day-use-only campsite. Nevertheless, we made do, pitching our tarp on the day use picnic table and diving into a lunch of cold cut sandwiches.

We spent the rest of the afternoon revisiting how to Leave No Trace, set up our water filters and pump water, and pitch our tents properly. Everyone was excited to be placed in mixed up tent groups, so that people could get to spend time with everyone in the cabin.

We finished out the night with our first on-trip dinner, enjoying cheeseburgers and veggie burgers together, before cleaning up our dishes.

We enjoyed some dried mango for dessert, cleared our gear from the day campsite, and then headed to bed to get plenty of sleep before our big hike the next morning!

## **June 24th**

Today was the day of our biggest hike: Avery Peak! We woke up early to cook up a hearty breakfast of oatmeal. We ate it in some drizzly weather but held out hope for some good views at the summit. Luckily for us, the mountain did not disappoint!

After several hours of climbing, we summited the mountain around 11 a.m. It was a surreal experience to ascend above the clouds, but we got lucky as the sun started to peek out while we ate our lunch at the top. By the time we had finished our lunch of sandwiches and celebratory Milky Ways, much of the cloud cover had cleared up and we could see several miles out on either side of us, including most of Flagstaff Lake below us. We were even able to spot our campsite from the mountain top!

On the descent, we passed the time taking turns telling movies in detail, which was great fun. We were back to our campsite by 4:15 p.m. and decided to put in the extra effort to move our tents to a better campsite now that many of the weekenders had left. We managed to find a wonderfully secluded tent site with great views of the lake just a few minutes from where we were previously. After pitching a tarp, we cooked up a great dinner of burrito bowls. It started to drizzle during our dinner, but that didn't stop us from making the dessert we had most been looking forward to: s'mores! The rain held off long enough that our fire kept going strong, and the girls had fun forming a relay race to see how

many s'mores they could make in the span of a few minutes. With chocolate and marshmallows in our bellies, we headed off to bed for a well-deserved rest.

### **June 25th**

We took our time getting up this morning, feeling slightly sore from the day before and eating a luxurious breakfast of egg, bacon, and cheese breakfast sandwiches. The weather was partly cloudy as we piled into our van and drove to Sugarloaf for that day's adventure.

We arrived at the base of the mountain and reveled in some rare sunshine, which we hadn't seen since prior to leaving camp. We then decided to climb up the mountain following a combination of green and blue routes, getting used to the phenomenon of hiking up ski trails full of wildflowers and tall grasses. Some of us also noticed the many wild strawberries along the way and were brave enough to eat a few!

We got about halfway up and decided to stop on a catwalk to enjoy our lunch of sunbutter and jelly sandwiches. Lunch was cut slightly short, however, by the storms that suddenly rolled in. Two loud cracks of thunder overhead told us that our climb was over for the day! We proceeded to get down as quickly as possible, staying safe but getting very wet in the pouring rain as we descended. Once safe and warm in the van, we stopped at a local gas station for gas and a few treats: chips and mini Klondike bars! We rolled into camp in the early afternoon and spent a few hours waiting out the rain in our tents. By dinner time, the rain had finally gone, and we cooked up a great dinner of personal pan pizzas, followed by scramble brownies.

### **June 26th**

On our last day of trip, we woke up to an incredible sight: blue skies and sunshine! We filled up on cereal, packed our gear up into the van, swept the campsite for trash, and set off for one last hike to top off the amazing first leg of our trip. We drove back to Sugarloaf, this time parking near some condos near the trailhead of Burnt Mountain.

It took us a little while to find the trail, but once we did, we very much enjoyed ourselves. The path was gnarly and wet in some parts, but was fun to navigate and it followed the left-hand side of a beautiful waterfall. The summit was windy and slightly chilly but treated us to incredible views. We could see for miles in every direction, a great reward after a few days of rain and patchy sunshine. It truly felt like standing on top of the world, surrounded by the peaks of the Bigelows and many others far beyond.

After chowing down on the remainder of our GORP, we left the summit and descended the mountain, again describing movies to pass the time. After a quick dip in the waterfall, we jumped back into the van, eager to head to lunch and finish our trip.

On the way to Waterville, we saw a black bear running across the road in front of us! Lunch was slightly late that day, but tasted amazing, as we stopped at Five Guys for burgers and milkshakes. We rolled into camp with just enough time to clean up all our gear, wash the van, and enjoy the evening's activity: watching *The Parent Trap* for Twin Day! All in all, the hiking was incredible and left us even more excited to depart for our river trip on the East Branch!

Jess Richter, HBC

## Penobscot

### East Branch Penobscot

June 30th

Today, we traded out our day packs and hiking boots for our boundary bags and Chacos, Penobscot one-and-only chowed down on our last hearty Wavus breakfast (eggs and sausages) before leaving for our epic adventure on the East Branch of the Penobscot! We were joined by Molly Wood, who came along to help us out with the whitewater. We loaded up our bus and canoe trailer and left camp around 9:30, arriving at our put-in at Grand Lake Matagamon around 1:30 p.m. After eating a quick lunch of turkey cold cut sandwiches and beginning the gradual process of lightening the coolers, we set off for our short paddle across the lake to the dam. The weather treated us to a warm, mild afternoon and we portaged the dam with no trouble.

With our first portage under our belt, we scoped out the rips on the other side, reviewing Hydrology 101. It was a great preview of the thrilling whitewater that lay ahead in the coming days. We paddled a short way down the river and arrived at the magical paradise that is the Matagamon Campground, settling into a sweet spot just around the river bend. There, we ate a delicious dinner of chicken fajita bowls, topped with avocados. Then, we hit the sack, eager for our first full day on the river.

July 1st

We kicked off our first day bright and early, waking up at 6 a.m. to chow down on bacon, egg and cheese English muffin breakfast sandwiches. Eager to hit our first full set of rapids, we packed up our boats and set off for Stair Falls. We scouted the falls from river right, mapping out our “ideal line” down





the middle where the ledges break, then ran it. Other than Stella and Lucy taking some turns swimming for fun, it was a great success! It was a great confidence booster, which heightened our morale going into our first tough portage around Haskell Rock. Prior to the portage, we were excited to spot an adult moose on the left side of the river!

After the portage, we paddled the short rips to Pond Pitch and ate a lunch of ham and cheese hummus wraps, which gave us the necessary energy to complete our second portage of the day. We carried on the river down to Grand Pitch, where we landed around 2 p.m. and proceeded to portage our boats to the end of the trail. Amanda, Alley, Sydney and Lydia impressed us all, as they pioneered a portaging system that allowed them to easily swap places with one another and share the burden

of being underneath the front of the boat. It wasn't an easy day, but we felt incredibly accomplished after 2.5 portages and not a single boat flipping on any of the rapids. We celebrated our success with personal pan pizzas, followed by s'mores roasted around the fire.

### **July 2nd**

This morning, we awoke to some intense thunderstorms brewing above us, which led to us sleeping in before kicking off our day. After a breakfast of bagels with honey, cream cheese, and sunbutter, the sun came out to greet us and we set off toward the Hulling Machine a few minutes downriver. The portage took us about two hours and it wasn't easy, but the girls tackled it like champs. Lucy, Caroline, Alley and Maeve were the first to portage their boat to the end, which allowed them to go back on the trail and help

everyone else. We continued toward Bowlin Camps, where we made a quick pit stop to drop off Molly and pick up Alex, who joined us for the second half of our trip!

We ate sunbutter and jelly sandwiches for lunch and piled into our boats, enjoying a post-portage reward of half-melted (but still delicious) Milky Way bars before setting off down the river again. The afternoon heat slowed us down a bit, but we had a grand old time telling jokes and stories and movies on the three-hour paddle to Big Sebois. It was late afternoon by the time we settled into our campsite and ate a dinner of quesadillas with roasted pepper and onion. We also took advantage of the dry weather, making a fire and roasting some leftover marshmallows from the other night.

### **July 3rd**

After another morning waking up to rain, we opted to sleep in and take some time to recover from our grueling portage of the day before. Around 9 a.m., we had a breakfast of Honey Bunches of Oats cereal and spent the rest of the morning reading and relaxing around the campsite. We paddled three miles down the river to our next site and set up camp at Lunksoos, then ate lunch (Ramen noodles!) before chilling for a few more hours. Maya and Julia took turns entertaining us by retelling the plots of movies.

Dinner that evening was grilled cheese sandwiches and cheddar broccoli soup, followed by some stove-cooked popcorn as a treat. We enjoyed the great weather that day, as well as the ice-cold water from the water pump by the Lunksoos camp lodge, just up the hill from where our tents were pitched.

### **July 4th**

Our last full day of trip was a busy one! We woke up at 5 a.m. in order to get an early start on our 19-mile paddling day down the remainder of the East Branch. After fueling up on some hearty bowls of oatmeal, we set off around 6:30 a.m.

By 8 a.m., we had scouted Whetstone Falls and successfully run all of our boats. We proceeded to paddle many more miles but enjoyed the slight morning breeze and cooler temperatures along the way. By noon, we had made it to the grand whitewater finale of our trip: Grindstone!

We stopped to eat lunch (sunbutter and jelly pitas, as well as some leftover popcorn from the night before,) and scouted the ledge drop by the picnic areas. The water levels were perfect – not too high or too low – and combined with our girls' skills, running the drop and the second set of rapids was a breeze. We pulled over on river right to scout the last set, finding a line that avoided the enticing but fickle wave train, then celebrating as each and every boat emerged unscathed on the other side.

Riding on our success, we finished our longest day of paddling by pulling into the Pine Grove campground and taking a much-deserved rest hour. Dinner that night was pesto mac-and-cheese with a side of roasted pepperoni.

The evening concluded with a 4th of July fireworks show on the riverbank, put on by the campground owner. It was a special treat to watch fireworks up close with a stunning cotton candy sunset right in the background! After one last treat – splitting a giant chocolate chip cookie made over the Coleman – we headed to bed.

## **July 5th**

We kicked off our final day of trip at 6:30 a.m., chowing down on a special sugary breakfast of S&M pancakes and syrup and packing up our boats for the last time. After a reflective and sunny flatwater paddle, we pulled into the playground at Medway at 10 a.m. exactly.

We proceeded to load up our trailer with gear and boats and pack into the bus, stopping in Bangor for an incredible lunch at Chipotle. After getting back, we jumped on the chance to send out our laundry and clean up our gear, then took a van to the grand finale of our trip: J Scoop! With ice cream in our bellies, we screamed out one final van rendition of Panic! at the Disco's eternal "Death of a Bachelor" and pulled into camp, eager to reunite with friends. Jess Ricker, HBC

## **Allagash I**

### **Allagash Wilderness Waterways**

#### **June 23rd**

We woke up at the crack of dawn at Wavus. We enjoyed a nice breakfast of cereal and yogurt at the Jewell before loading up the boats. After some heartfelt words from Hannah, Greta and Kirstie, we started on our way to Hannibal's Crossing.

Upon our arrival, after a long drive down the Golden Road, we unloaded the boats and said goodbye to our driver Terri. We saw a moose, which was cool and a great way to start off our trip. We started paddling down the east branch of the Penobscot and it was a beautiful day.

We arrived at our campsite, big island, in time for lunch. We set up camp and had a long and well needed rest. Lily was just polishing off an incredibly long book. We ate

burgers for dinner and Paige led the group in a small photoshoot with the beautiful sunset. We went to bed early in order to prepare for our big portage tomorrow.

#### **June 24th (Olivia Bagan)**

We woke up very early to get ahead for our long day. We had a quick breakfast, then started our paddle from Big Island to the Mud Pond campsite, which would be the beginning of the Mud Pond Portage Trail. On our paddle, there were little to no head winds, which made for easy paddling.

After leaving Chesuncook Lake, we paddled through a small stream. Upon entering the stream, we realized it was quite shallow. A few times we had to get out of our boats and push our canoes. Then, we got to a red gate, which we needed to portage around. We created an assembly line to efficiently portage the gear around the dam and start paddling on Umbazooksus Lake. We then paddled to the Mud Pond campsite. There was a short trail leading up to the campsite which had many slippery rocks requiring us to step carefully. We had lunch and set up camp.

We began the first half of the Mud Pond portage which involved carrying all of the boats. Lily Wike set the tone for the tough portage with the quote, "keep calm and carry on." With this, we started in groups of two or three. A few campers had to portage more than once, including Guin portaging two boats! We were able to eat a yummy dinner of pasta with only one canoe left to do the next day!

#### **June 25th (Guin Buono)**

Mud Pond portage day two started with a 5 a.m. wake up call after a night filled with the sound of pouring rain. Each camper grabbed her gear and set

out for another day on the wet and muddy trail. The portage involved “muddles” (mud puddles) up to your waist, streams of rocks and roots and pounds upon pounds of weight made up of food and clothing.

After every camper completed the Mud Pond Portage and celebrated in every way possible, including eating Milky Ways, we began our paddle for the day. The canoeing did not last long though, because Mud Brook was too dry to paddle so we had to unexpectedly portage around it. After hearing the painful news, each camper began the trek of carrying more gear and boats. Though no one wanted to be portaging, everyone kept pushing through and encouraged each other the entire way, especially Ali who kept the conversation going under the canoes!

After another grueling portage and sun butter and honey sandwiches, our cabin was finally on the way to the campsite. Along the way, a storm hit, putting each mud covered and tired camper into lightning position on Gravel Beach. Although it was not the plan, we stayed at the beautiful campsite, and enjoyed warming up in the tents, eating pizza, and ending the night with a wonderful sunset. We told stories and basked in the pride of having finished mud pond.

#### **June 26th (Paige Wortman)**

Today was resupply day. We slept in until 6:30, and then packed up camp. We ate a hearty breakfast of oatmeal and toppings. We then got started on our paddle to our resupply, down Chamberlain lake. We got to our resupply location, got clean clothes, mail and lots of treats.

Three cookies, a brownie and a Gatorade later, we continued the paddle back down Chamberlain Lake,

with some strong headwinds. We finally pulled over for a late lunch, which was greatly appreciated. We kept pushed through the headwinds, with some waves even going over the bow of the canoe.

We eventually made it to the Lock Dam campsite. It was a beautiful, warm day, so Grace led the charge for a swim in the lake. Some would call it a bath because we washed ourselves with biodegradable soap. After the refreshing swim in the water, we hung out in our tents. We enjoyed a late dinner of chicken patty sandwiches. We called it a night after a long day of paddling and got a good night's sleep to prepare for the next day.

#### **June 27th (Tori Darling)**

This morning we woke up at 6:30 a.m. and packed up camp. We had egg and cheese sandwiches for breakfast. We started our paddling at Lock Dam and paddled on a short windy stream. We then entered and began paddling on Eagle Lake. In the beginning, the lake was calm and the winds weren't bad. Throughout the morning, the lake started to form waves and headwinds began picking up. Ockety kept us entertained with her singing and motivational speeches.

We stopped for a quick snack and followed a short trail where we were able to explore old logging locomotives that were abandoned on Eagle Lake in 1933.

The next leg of today's paddle was to Farm Island. We arrived around noon and ate lunch. We had turkey and cheese sandwiches on pita with fruit on the side. After lunch, everybody was exhausted and rested in the hammocks we set up for rest hour. Later, we decided to go and look for the giant circle path, where, as legend has it,

campers were abducted by aliens years ago. It was an extreme let down, when the path actually led to the toilet, rather than an alien abduction site.

Our dinner consisted of rice, beans, chicken soup and tortillas. After dinner, we packed up our hammocks and went to bed.

#### **June 28th (Lily Wike)**

We woke up to a slight drizzle and packed our things to leave Farm Island. We ate a delicious breakfast and started paddling. During our three-hour paddle, we told some riddles and sang some songs. Then we arrived at our lovely campsite, called High Bank, where we had some down time, and ate some pitas for lunch.

Afterwards, we all had some fun in our tents, with Sammie keeping the spirits high. We had a delicious and comforting dinner of tomato soup and grilled cheese, which was fitting for the weather. After dinner, we took a scenic walk to a beach at the edge of our campsite, where we pumped water and cleaned our dishes. We finished the night off hanging out in our tents.

#### **June 29th (Ali Frazier)**

Today we woke up at 7:15 which was very nice. After we packed up our gear, we had breakfast which was bagels and cream cheese. After a short paddle, we arrived at Churchill Dam, which marked the start of the Allagash River and Chase Rapids. We were then able to give our gear to a ranger who portaged it around the rapids.

After stopping at a really cool history museum of the river, we reviewed how to go down a rapid properly. We started the first section of the rapids, stopping at the end to make sure everyone made it down safely. We then continued at a quick pace and had lots of fun. Some canoes hit rocks, but we

are proud to say that none of us flipped! After the rapids, we started hearing thunder quickly approaching, so we pulled over at a nearby campsite called Chisholm Brook.

After setting up our tents, we had pitas with sun butter, honey, and jelly for lunch. Then we had a nice rest hour filled with playing games and swimming until dinner. After pumping water, we had S&M pancakes for dinner and then went to bed.

#### **June 30th (Sammie Stevens)**

This morning we woke up at 6:30. We then enjoyed a nice breakfast of oatmeal. We started paddling around 7:30 and continued on the river. We paddled through Umsaskis Lake and Long Lake, and also Round Pond, where we camped. We also had a small portage where we stopped to munch down some Nutrigrain bars. We paddled some more, and then took a Rice Krispy Treat break and floated down the river all together.

Soon enough, it was three o'clock and we had arrived at Round Pond, where we would be spending the night. We stopped at a campsite called Outlet, had lunch which was pep and cheese on a pita and took advantage of the cloudy weather and rested. We were also pleasantly surprised to see that a duck had followed us to our campsite.

Next, we rested until dinner, which was a nice meal of quesadillas. Kendal jumped up to help out washing dishes and pumping water, before having scrambled brownies for dessert. We enjoyed our brownies before venturing into our tents for sleep.

#### **July 1st (Grace Lang)**

Today we woke up at 5:45 and after packing up camp, we started the day with Honey Bunches of Oats. For the



next five and a half hours we paddled down the Allagash River towards the famed Allagash Falls. There were occasional rips along the way, which were fun to paddle through. Near the end, we stopped at the Michaud Farm ranger station to check in with the rangers. Then we proceeded to our campsite.

Before setting up camp, we had a quick portage to the end of the falls. Then we enjoyed a lunch that consisted of sunbutter, honey, and jelly on a pita. Next, we all put on our bathing suits and walked to the water beneath the falls. Everyone swam, jumped off rocks and explored.

After drying off, we all came back to our tents to rest before dinner. Dinner was curry and rice and for dessert we gathered around the campfire for s'mores. We sang songs, Tori led a detective game, and we discussed ideas for our entrance. After a long day, everyone went to bed.

### **July 2nd (Kendal Parker)**

Today we took a rest day at Allagash Falls. We slept in as late as we wanted to and woke up to S&M pancakes. After our late breakfast, some of us swam in the falls, while others read or played games by the water. It was a beautiful day, so it was nice to be spending it in the sun by the water. We had a big lunch of chili and cornbread, before having a quick rest hour while some slept, read, or played cards.

We then went back in for an afternoon swim. We spent the rest of the time before dinner sitting in our hammocks while talking or playing games. For dinner we had pasta with different sauces and a special dessert of cinnamon rolls. We ended the night by cleaning dishes, pumping water and going to bed.

### **July 3rd (Ockety Fries)**

Today we woke up at 6:50. The sun was already up so we quickly packed up and had a delicious breakfast: cereal and soy milk. After that, we hopped into our canoes and paddled hard to our campsite. The sun was shining and the sky was bright blue. We passed the sign which announced we had finished the Allagash Wilderness Waterway!

When we finally arrived at our campsite in Allagash Village, we rapidly set up our tents. We ate sunbutter, jelly and honey on pitas under a bridge to protect ourselves from the sun. Then we dressed in our bathing suits and swam in the flowing river. We seized the occasion to pump some water in order to keep up with hydration. Next, we snuggled into our tents, away from the bugs, and played cards. Later we had a delicious dinner, mashed potatoes and ramen. Then we went to bed, sleeping deeply and anxiously awaiting our last day of paddling.

### **July 4th**

We awoke at Debbie's field and had a wonderful breakfast of oatmeal and apricots. We started our paddle down the St. John River which was very low. We had to drag our canoes at some points, but there were also some really fun rapids including the Golden Rapids. We paddled for a little while longer, stopping for a swimming break to cool off, and then we arrived at our final campsite: Pelletiers. We enjoyed ice cream sandwiches to commemorate completing the Allagash trip before Olivia prepared our sunbutter and jelly pitas.

We played cards, made friendship bracelets in the afternoon, and went for a short swim. Just before dinner, Dave arrived in the van all decked out for 4th of July. We enjoyed a wonderful

meal he brought us of sandwiches and cookies. After that, we practiced our entrance and went to bed, ready to return to camp the next day!

Charlotte Del Col, HBC

## **Allagash II**

### **Allagash Wilderness Waterway**

#### **June 27th**

Today we woke up around 4:30 a.m., loaded the van, and got on the road. The drive was about four hours, and when we finally got to our starting point at Hannibal's Crossing, we portaged the canoes and our gear down a small path to the put in spot on the river.

We started paddling and along the way there were a few small rips. Emily, a new camper in our cabin, really enjoyed her first ever paddling experience. We paddled for four hours and arrived at our campsite for the night called Big Island. We had some rest time and Alice and Lindsay spotted the first moose of the trip on the opposite side of the river!

We had hamburgers for dinner that Addie kindly cooked for the cabin. We then recapped the day at our campsite and prepared for the challenging Mud Pond portage.

#### **June 28th**

Today we woke up around 4:00 a.m. and packed up camp. We started paddling in shallow river waters until we made it to the lake. We met some tough headwinds once on the lake but finally made it to a swamp area and escaped the winds. We did a small portage around a bridge, which brought us to Umbazooksus Lake. After, we paddled to the campsite and had a late lunch.

We got a head start on our portage for the next day and started portaging four boats. We finished one and left the

other three spread out along the trail to make the next day easier.

#### **June 29th**

After a good night's rest, we were prepared to portage the remaining canoes and gear. Although it was difficult, the weather helped us by being mostly sunny with just a few, short thunderstorms along the way. It was such a rewarding experience to get to the end and see the beautiful leech-filled lake.

After a long paddle with a couple stops along the way to safely wait out passing thunderstorms, we got to see a rainbow as we floated into our campsite, Boy Scout. Finally, after sharing a campfire with a Kieve cabin and eating multiple s'mores, we got some rest for our resupply.

#### **June 30th**

Today we got to sleep in a little since we had finally completed (and crushed) Mud Pond the day before. After eating breakfast and packing up the campsite, we set out on our canoes towards Chamberlain Bridge for our resupply. Waking up after the sun for once was really refreshing, and getting our new clothing, food, and mail was just what we needed to feel ready to take on the second leg of the trip. Emily received a lot of Fourth of July decor and although she wanted to bring it all with us on trip, she decided to part with everything but a plastic pink flamingo that the cabin collectively decided to care for.

After our resupply, we set out in our canoes again and paddled all the way across Chamberlain Lake to our campsite. Once we settled in, we got to relax and have tent talk time. After dinner, we got ready for bed and prepared for the next day of paddling.

### **July 1st**

Today we got up before the sun. After packing up our tents and personal gear, we had cereal for breakfast and left Lock Dam after doing a very short portage (nothing compared to Mud Pond!!). We paddled down a stream that connected Chamberlain and Eagle Lake.

After paddling for a few hours, we stopped at a portage trail to check out some old abandoned trains which were really fascinating. We had a small photoshoot and ate some candy to give us energy to paddle the rest of the way. After we had had enough of the trains, we paddled to Ziegler campsite because Pump Handle was already occupied.

When we arrived at our campsite, we basked in the 85-degree weather from the water and passed time by coloring and reading books. We ate chicken parm for dinner and had a killer brown sugar/cinnamon apple dessert before getting to bed early for our paddle the next morning.

### **July 2nd**

Today we woke up before the sun but were met with a big thunderstorm. Luckily we had taken down camp (except for our tarp) when the storm hit so we took shelter and let the storm pass before we set out for our paddle. The storm was pretty close so we ended up having to wait about an hour to float up.

The paddle was a few hours but we got to our campsite before noon. We stayed at Jaws, and across from Jaws was a small cove that was perfect for swimming! In addition to swimming at the cove, we relaxed in the sun, read books by the water, and devoured some left-over food. We ate burritos for dinner and scrambled brownies

for dessert which capped off a perfect day of trip.

### **July 3rd**

We woke up with the sun this morning, excited to start Chase Rapids. While we were pulling out of our campsite, we saw the Gash 3 cabin in the distance and decided to wait for them before we headed to Churchill Dam. We spent the whole day with them as we did Chase Rapids and had lunch together. Eleanor and Kathryn paddled together today and had a great time on the rapids.

When we started to paddle to Ledges, the winds began picking up which made the paddle across Umsaskis Lake to Ledges very challenging. Although it was a short distance, the paddle from the lake head to the campsite took around two hours because the headwinds were so strong. The entire cabin displayed wonderful perseverance. Lindsey and Sarah discovered that the winds were so strong that the bow and stern could both paddle on the same side of the boat to add more power and create more momentum, using the wind to help steer. Although this wasn't usually allowed, Bailey encouraged it because it made the boats move faster since the wind was steering for us.

We eventually made it to Ledges and swam and enjoyed the beautiful view from the rocks. Pizza was served for dinner and then we shared s'mores with Gash 3 before heading to bed.

### **July 4th**

Today we woke up before sunrise again. After packing up our gear in the canoes, we sat out on the lake and ate our bars while enjoying the sunrise. We had a very long day of paddling ahead of us, but the weather was really nice. As we were paddling, we saw a moose in the middle of the lake! It was only 20



feet away from us. We arrived at Inlet, our campsite, before lunch time despite our long paddle (very impressive!!).

After eating lunch, we were able to relax and stay cool by swimming in the water all afternoon. The ranger visited us and wished us a happy Fourth of July and gave us the forecast for the next few days after assuring Sarah and Cosima that they could find Allagash stickers at Michaud Farm. In the evening, we had dinner and got ready for bed after celebrating the Fourth "trip style" by eating some Milky Ways.

### **July 5th**

After getting an early start on our somewhat longer paddle, we canoed through some rapids quickly so that we could get a spot at the coveted Gash Falls campsite. We were eager to get there because we knew that Gash Falls was a very popular campsite. It was extremely hot while we were paddling so anytime we stopped to drink water, we would also take a dip in the river!

Twenty miles of paddling and a short portage later, we got all our tents and gear set up at the campsite. We decided to take a swim at the waterfalls and enjoyed jumping off rocks and floating around.

After the refreshing dip, we sat in our tents for a quick nap before dinner. With a few more swims and pesto macaroni and cheese in our stomachs, we set in for a well-deserved sleep in, looking forward to our rest day.

### **July 6th**

Today we had our rest day at Allagash Falls. We slept in much later than usual and woke up to S&M pancakes already made by master chef/counselor Bailey. After breakfast we relaxed for a while and lounged around our campsite. We ate a lot of food throughout the

day because we were determined to come back to camp with no leftovers or wasted food!

In between meals we went swimming again and got to jump off the rocks! It was so much fun! Sofia thought that swimming at Gash Falls was a highlight of the trip. Once we were done swimming, we relaxed more and took naps throughout the day. After eating Ramen for dinner, we started to pack up some of our gear and portage it to the waterfront to make our departure the next morning easier.

### **July 7th**

Today we were woken up by the Gash 3 cabin singing "I don't get no sleep cause of y'all, and you don't get no sleep cause of me" and banging pots, which is something from a popular vine. We were impressed they decided to wake us up because it was their rest day! Their dedication to pranking us was impressive.

We got up and went to the waterfront to load our canoes. The sun was very bright and about halfway through our paddle, it started to get very windy. There were also a lot of very shallow parts of the river that we had to pull our boats through.

We arrived at Debby's Field after 5 ½ hours of paddling. After we arrived, we ate lunch and took naps. We swam, hung out in tents, and read books. Afterward, we had burritos and brought our group gear down to the boats and went to bed.

### **July 8th**

Today was our final day of paddling! We started our day by waking up a little later than normal. After we finished packing, we set out on the water for our final miles of paddling. We switched the boat groups a little bit, and Lorna finally got to show off her

stern skills! After paddling for a few hours, we arrived at our final campsite, Pelletier's Campgrounds!

Once we brought up all of our gear and had a snack, we had rest hour and were woken up to have lunch. We got to relax for the rest of the day after lunch and avoided the bugs by staying by the waterfront. Teri, our driver, arrived at 6:00 p.m. with six pizzas and some soda for us to enjoy as we celebrated our last night of trip. We packed our canoe trailer and went to bed, dreaming of our entrance back at Wav.

### **July 9th**

We woke up at 6:00 a.m. to finish packing the trailer and load our personal gear and tents. Teri arrived at 7:30 a.m. to pick us up and we began our 6.5 hour drive back to Wavus. We stopped for a delicious lunch at Chipotle and arrived at Wav in the early afternoon. We made sure to not be seen by anyone until our entrance at dinner!

Bailey Sherwin, HBC

## **Allagash III**

### **June 28th**

We woke up at Wavus at 4:30 and hit the road at 6:00, eager to start the trip and more than a little nervous. The rain added to the element of anticipation as we drove the 4 hours it took to our put-in spot. Catherine, as the group leader of the day, showed the group what our first day would look like and as we hit the water, the rain stopped for a temporary respite.

After paddling 8 miles and eating a classic sunbutter and jelly lunch, we arrived at Big Island South by 3:00 p.m. The rain took its cue to start back up again. Despite the rain and the waterlogged forest, however, the fire crew composed of Maeve, Brooke,

Marina, and Alexandra started the fire to complement our spaghetti with some fire roasted s'mores. Following meal clean up, we went to bed in preparation for the next day.

Today Catherine earned the LL Qual.

### **June 29th**

The morning saw us up and about at 4:00 a.m. By the time we cleaned up, ate bagels, and packed out, two hours passed. Alexandra, trip leader for the day, took the group through a long river and lake paddle, and down into a stream that led to the red bridge. Although seemingly docile, we knew we had to take precaution by suitcase carrying the canoes around the bridge. So far everything had gone according to plan until it came time to find the entrance of the Mud Pond Portage trail.

We paddled and scoured the land for three hours into a light headwind until finally deciding to turn around and retrace our steps. At 3'o'clock, after seeing an oncoming storm, we set up proper lightning protocol and ate a late lunch of turkey/cheese wraps with hummus. With the storm clear, we got back into our canoes, this time allowing the tailwinds to aid us in a speedy spotting of the overgrown and hard to see trail.

Once done rejoicing over finding the illusive trailhead, we started the challenging portage around 5:00 p.m. We struggled for every inch that night, taking a break when necessary, and as the sun sank deeper and deeper into the sky, we realized that portaging all the canoes this day would be fruitless. Even with this knowledge, we rallied around each other to portage two of them all the way, finally seeing the end of the portage as the sun set.

We devoured a delicious meal of quesadillas with rice at 10:00 p.m., and fell fast asleep.

Today Alexandra earned the LnT Qual and Sarah earned the Carpe Knee-Em Qual.

### **June 30th**

We woke up at 4:30, solemn and hesitant to face hours of mud, grime, and sweat that lay before us. We packed up camp and ate HBOs in silence, until finally rallying around each other and starting the rest of the portage at 7:00.

Once the portage started, however, rigid determination set within the group. What the girls could only portage for two minutes the previous day turned into portaging for thirty minutes at a time. Those unable to portage canoes carried group gear. Bronte's and Brooke's positivity made the portages seem shorter and shorter as the day progressed. Catherine, Izzy, and Alexandra powered through tiredness and portaged the other half of the canoes.

Sarah, in order to take people's mind off of the mud, asked questions about their lives which sped up the process considerably. Maeve and Alex, while carrying the bread barrel and the tent bag, spotted a beautiful mole rat and gained motivation to complete the portage. An hour or so to go left in the portage and while Marina was filling everyone's water bottles with filtered Mud Pond water, we sat by the end, feeling the day's hard work hit us.

Seemingly out of nowhere, Lexie came from the depths of the wilderness solo-carrying a wanigan, equipment that normally takes two people. This was the climax of our mental determination and we finally finished the 14-hour portage at 4:20 p.m.

Eating a 5:00 p.m. lunch of sunbutter and jelly, we paddled across Mud Pond, ran down some shallow and winding rapids, visited the Elephant Graveyard on accident, and stopped off at Ledge Point around 8:00 p.m. Exhilaration filled us as we swam the mud off and ate delicious mac'n'cheese, proud of the accomplishment we had completed that day.

Today Marina earned the Spider Assassin Qual.

### **July 1st**

#### **Resupply Day!**

We slept in to the ripe hour of 5:30 in order to paddle to our resupply location. Skylar greeted us there with letters, a hug, and salt and vinegar chips. Gash 3, showcasing their kindness, helped Skylar unload the items in the truck. The cornucopia of new items seemed overwhelmingly wonderful, and we eventually set off in our newly stocked canoes. Shout out to Catherine's and Alex's parents/grandparents for the delicious cookies. Maeve, the trip leader, navigated us through a surprisingly still Lake Chamberlain as we listened to Izzy share her expertise on the violin and the venue she had following camp.

Although the lake was less windy than normal, it still was a long day of paddling. Once at the campsite, we pumped ourselves up for ten minutes to do another portage, only to realize that the portage was nothing at all. After a lake shower, the cooking crew composed of Catharine, Lexie, and Bronte, made delicious hamburgers with fire-cooked/burnt scrambled brownies. Before bed, everyone realized that we could get a whole day ahead the next day and everyone embraced their sleep in eager anticipation for the double day to come.

Today Lexie earned the "I'm Hungry," Qual.

### **July 2nd**

We woke up to thunderstorms and got to sleep in until 6:00 a.m., followed by a meal of breakfast burritos. Even with the thunderstorms earlier in the morning, we were in the canoes by 7:45 a.m. and started by paddling down some small sets of rapids. The tail winds were phenomenal and even with the double, we reached the beautiful campsite, Scofield Point, by 1:00 p.m. In order to claim the best site, Lexie, the trip leader, sprinted to beat out another group in a friendly fun competition.

Due to the abundance of time compared to earlier in the trip, all ten girls sat in their crazy creeks and enjoyed each other's company with their free time. Due to the wind, we were also able to air out the rain dampened tents and dry out everything. The dinner that night of pizza was prepared by Alex, Sarah, and Maeve.

Today Bronte earned the Fig New Ton Qual.

### **July 3rd**

We woke up at 5:00 and had a breakfast of sunbutter and apples. Leaving the site at 6:30, we ended up catching up to Gash 2 and hanging out with them while waiting for Chase Rapids. Additionally, when Ranger Leif was packing gear into the bed of his truck, Gash 3 decided to help him load the gear. Brooke and Sarah took a swim in the water after tipping their canoe and were even able to save Brooke's water bottle as it floated down the river unattached to the canoe.

Having a wonderful time eating SBJs, we hit the river again, only this time facing headwinds. As the headwinds became more and more prevalent, we started to dig in and push through the

challenge. What should have taken us 30 minutes without headwinds took three hours. Finally reaching the campsite, Ledges, we got to share the site with Gash 2 and swap stories with each other while eating mashed potatoes, fire-cooked chicken tenders, and roasting smores. Even though we had planned to travel a little further that day, we still were a day ahead from the previous day's work.

Today Maeve earned the Territory Marker Qual.

### **July 4th**

Motivated to not face headwinds again today, we woke up early to beat the Long Lake waves, and only took an hour and a half to leave site as opposed to the original two hours that it took. While paddling, we passed right by a female moose in the water. It was breathtaking and scary at the same time to be so close to an animal of that magnitude.

Arriving at the campsite called Sweeney Brooke by 11:00 a.m., we cooked cheese and broccoli soup and popcorn over the fire followed by some chill time where our entrance was somewhat planned. A dinner of mac'n'cheese made over the fire by Bronte, Lexie, and Alex was a hit followed up with some scrambled red, white, and blue cake batter to celebrate the 4th of July.

Today Izzy earned the Popcorn Whisperer Qual.

### **July 5th**

We started off the morning by sleeping in until 5:30 and then consuming HBOs and spicy soy milk, according to Maeve. We paddled from Sweeney Brooke to Five Finger North, a 16-mile day. The trip leader, Izzy, led the group through a winding river with some rapids through it, although the low water level



made it mandatory to push the canoe through some shallow parts. This was supposed to be our longest paddling day, mileage-wise, and we got to our campsite by 1:00 p.m.

We made grilled cheese over a fire for lunch after Lexie started it with flint and steel. Together, we brought the map bag out and figured out the rest of the Allagash trip by reading the notes and piecing the segments together. We went to sleep early after eating the ever-delicious quesadillas and rice.

#### **July 6th**

Sarah, the trip leader, brought the crew through Gash Falls around 1:00 p.m. Before that we stopped off at the Michaud Farm Ranger Station for 45 minutes to see if the ranger would be around to buy stickers from.

Portaging our canoes around Gash Falls for the day, we spotted Gash 2 again and set up camp before allowing some chill time. Catharine, Lexie, and Bronte went with Gash 2 to go cliff jumping at Gash Falls while the rest of the crew slept. That evening we tried Gado-gado for the first time, with avocado and pepperoni, and Izzy and Alexandra tag-teamed masterfully created dessert quesadillas.

Today Alex earned the TWSS Qual.

#### **July 7th**

Today, the girls woke up at 5:30 on their own accord and pranked Gash 2 by waking them up with the iconic banging of pots and pans. Then they went back to bed. Upon reawakening, we had S&M pancakes and then the girls completed their entrance planning led by Alex as she organized all of the thoughts into a cohesive notebook.

Following the planning, they each completed a spring-cleaning job, allowing us to have an easier end of the trip cleanup. At some point during

the day, Maeve led the crew in helping out a senior outing group portage their canoes and gear. Bronte and Alex were making curry for lunch and wanted to help portage with the rest of the group but knew that they were needed to help make the food. That evening, we had an outdoor-style Thanksgiving meal, and each shared what she was thankful for.

#### **July 8th**

Today is Day 11 and while so much has happened, it seems to have passed by in a blink of an eye. These girls have grown in so many different ways over the past week and a half. Evelyn's field (or rather Debbie's field) eventually came within our sight and we set up camp before we headed up to check out the small village of Allagash.

As we walked up to the bridge, Catharine spotted the tent blowing haphazardly in the wind which prompted Brooke to sprint across the field in order to try and save it. As Brooke had just about reached it, the tent unlatched from the stake and blew away into the water. Lexie, Sarah, and Maeve aided in the retrieval of the newly river-washed tent as well.

The previous event was followed up by some delicious ice cream and a real bathroom in which we rediscovered what a flushing toilet was again.

After walking back and chilling for a while, we had a picnic style dinner of fried polenta, ramen, and hot chocolate. Half of the group split off to make friendship bracelets while the other half played catch with an empty Gatorade bottle.

Today Brooke earned the Tent Chaser Qual.

#### **July 9th**

Our last canoeing day seemed to last longer than most, but Pelletier's

Campground saw us at 10:30 a.m. Eager for the 5:00 p.m. pizza and soda, the day was filled with naps, SBJs with honey, whittling, books, journals, and black flies that were as excited to see us as we were to see 5:00 p.m.

Eventually, the sun sank one last time over the horizon and the girls went to bed on their last night on Allagash 3.

### **July 10th**

We got in the car at 6:25 a.m., ate at Chipotle, and had an epic entrance during second G-swim. Boom. Roasted. Jade Koenigs, HBC

## **Long Voyage I**

### **June 23rd**

We woke up at Wavus around 6:45 AM, buzzing with exuberance for the departure of our trip! We packed up our cabin and loaded it into Big Red to move our things to the barn. We headed to flag and enjoyed our last Wavus breakfast for a while, paired with a classic impromptu dance party in the Jewell to send us off. We said our final goodbyes and loaded into the van settling in for a three-hour road trip to Cowan's Cove on Moosehead Lake.

Like any road trip, this one was complete with a full jam session for the entire ride. We arrived and immediately were struck by the whitecaps crashing across the lake, as the wind was in full force. We proceeded to set up our tents, which proved to be difficult, but also warranted a lot of laughter and ridiculousness.

Eventually, we were all set up and dined on some turkey and cheese on pitas with hummus, avocados, and grapes. Yum! We set up a tarp and organized our boats and group gear before spending some time hanging out in the tents safe from the wind and eventual rain. We took some fun

pictures and played card games, until it was time to whip up a delicious dinner of chicken fried rice. We all chopped vegetables and Ava and Sky ventured to the shore of the lake to fill up our basecamp/gravity bag so we could refill our waters and stay hydrated!

After dinner Ellie and Hannah took on the dishes duty and soon enough it was time to sleep, as tomorrow would be an early morning to avoid the daunting winds of Moosehead Lake.

### **June 24th**

We rose very early, around 4:00 AM to paddle to Hardscrabble Point. Today would be a very short paddle, but we wanted to avoid headwinds so we made sure to get on the water swiftly. We enjoyed a pleasant and flat paddle, though the rain clouds lingered above our heads all morning. Eventually it rained lightly, and it was pretty chilly so we were happy that we were well layered and outfitted in rain gear.

We ended up arriving at our camp site at the base of Mount Kineo around 7:15 AM so we decided after camp was set up that it would be best to get a couple more hours of sleep before hiking. We returned for a nap and then rose for snacks and eventually lunch of ham and cheese with carrots and hummus, our last day with cold cuts until resupply! Sad!

After a water refill, a shoe adjustment, and some delayering, we set out on the trail. The trail was about two miles but was incredibly steep because it was a fire trail. We had a lot of fun climbing up, singing songs and stopping periodically to catch our breath. We shouted "TRAILS" for inspiration during the more difficult portions.

At the top of the hike we were greeted by a huge fire tower that we

were able to climb up. As we reached the top, the day had turned into a marvelous, sunny day and we spent nearly three hours hanging out at the top, chatting and taking some pictures. We had decided the day before that every day we would take a picture and hold up a number with our hands that corresponded to the day on trip, we really got into these and utilized self-timer more than we are proud of.

Although we were having a really enjoyable time, we figured we better make our way down for dinner before it began to get dark. On the walk downhill Hannah and Ava taught us all a word game and crushed it showcasing impressive vocabulary. The game pretty much enveloped our journey down and once we reached the bottom, we were ready for the amazing bacon-avo cheeseburgers that came shortly after. Sky cut up the avocados and Hannah cooked up the bacon, while Ellie and Ava gleefully prepared the cheese. I was a great team effort and an even better meal. Soon we were off to bed, as tomorrow was another early morning on Mooshead Lake!

#### **June 25th**

We were awake before the sun, but unfortunately were greeted by our first thunderstorm of trip, and the winds were already in full force. We remained in our tents and set new alarms to wait out the storm and about two hours later got up and were ready to battle some hefty winds. The sky was dark and the drizzling continued, but the harsh weather had mostly subsided. The daunting clouds did force us to follow the shore pretty closely and added a bit more distance to our short paddle day. The girls remained in extremely good spirits and proved to be exceptionally resilient and combatted the powerful

winds with constant songs, until finally rolling up to Big Duck Cove. Sky spent most of the day teaching us an Australian Pop Song, "I Will Not Forget", which would later prove to be our anthem.

Immediately we set up camp and had a big brunch of avocado toast with eggs, bacon and lots of hot sauce! We were excited because the campsite was very nice and the beach had really cool stones at it that we collected and spent time skipping once the winds had calmed. Also, it was Cat's birthday so all the girls lined up and gave her a card, picture, friendship bracelet, and had gone through their GORP bags to fish out all of the brown chips from their Chex-Mix which they knew were her favorite!

We left our rain flies off for a bit to enjoy the warm sun while we rested our tired arms. However, soon enough the sky darkened and we quickly staked down our flies and hustled into our tents and yet another thunder and lightning storm filled the sky. It blew over fairly quickly, and we were able to get back outside and have some delicious three-cheese mac 'n cheese topped with a Ritz cracker crumble.

After dinner, we decided to sterilize our bowls, and Hannah took it upon herself to sterilize every piece of cookware we had and got really into the idea. She boiled some water and was wielding her tongs as she had a blast with her new favorite job. We organized and were off to bed, in preparation for another big day!

#### **June 26th**

We were up early once again, for our last day on Moosehead Lake! Today we will be conquering one of Wavus's rite of passage, the Northeast Carry: a two-mile portage that would bring us

to the West Branch of the Penobscot. It was a beautifully sunny day which we deserved after the past stormy days. We enjoyed a nice short paddle to the start of the road, with a one woman show starring Ava rapping Hamilton and then proceeded to do a repeat after me teaching a session so Sky could also rap Hamilton.

We portaged our gear across, then on our next trip we carried our canoes a short portion and then stopped at Raymond's Country Store for a quick juice and chips and salsa break to refuel before finishing off the portage. The day was very hot, so it was lovely to spend some time in the shade having a snack and a cold drink.

After absolutely crushing the portage in a fairly short amount of time, we realized we were portaging stars and felt very accomplished.

We then hopped in our canoes and headed down the West Branch, taking our time and having a "chill" paddle. We ended up rafting up and having a river lunch of pepperoni and cheese and a victory Milky Way as we floated down the river enjoying the slow current, the sun, and the various wildlife.

When we arrived at Thoreau Island, we took advantage of the weather and laid out everything to dry while we washed off and cooled down in the river. Hannah took it upon herself to build a nice roaring fire and we learned how to cook veggie boats over the fire for dinner. Sky also took real initiative with the water pumping as we would see soon would become her passion. We then had apple pie pizza, an original recipe, and slid into bed feeling excited for more to come.

#### **June 27th**

Today we thought we deserved a

small sleep-in after a long day's work. It turned out to be another gloriously sunny day, although it ended up being pretty hot out because the sun was blazing, and we were growing accustomed to clouds and rain.

We paddled down the West Branch and stopped for lunch at Pine Stream, right at the entrance to Chesuncook Lake, before paddling down to our campsite. It was a long day, but we were pumped to discover that pizza was on the menu for dinner! Also, throughout the day we saw many, many bald eagles soaring across the sky as we paddled and felt a stroke of patriotism. Additionally, we saw three moose! We were extra quiet through stretches of paddling hoping to encounter more and more wildlife. Even with Ava leading us in the Beaver song, we still managed to see the wildlife.

#### **June 28th**

Today we were once again greeted with a rainy, cold, and cloudy morning. Nevertheless, spirits and attitudes were high! We paddled through Black Pond and up to Horserace Rapids. We ended up seeing three more moose, two foxes, and even two beavers as we paddled! The water levels were very low so we began dragging our boats on the stream slightly earlier than anticipated. Then we arrived at the rapids and dragged our canoes up the rapids. We were constantly slipping, sliding, and splashing and just had to laugh it all off and make the best of it. Finally, we arrived at the trail that would bring us up to the road so we could portage for about a half mile to our campsite right by a dam.

We had some pepperoni and cheese for lunch and crushed the portage. However, the bugs were pretty present

so we retreated to our tents shortly after arriving at camp. It began to rain again and we had some down time until popping out for pesto pasta with cheese for dinner! We spent time during that day assigning a few trail names: Sky became Silo, Ava became Moose, Ellie became Diggs, and Hannah became Buggie, Cat and Kat were the only ones left without the names, but they would come soon!

### **June 29th**

We woke up excited to have a nice chill day, especially with our first resupply right around the corner. Today's itinerary included paddling up Ciss Stream and across one of the many Round Ponds and we arrived at our campsite around 8:30 AM.

We had a long, relaxing day in the sun and once again were excited for the opportunity to dry out all of our stuff and rain flies. We hung around, playing cards, reading our books, and writing letters to send out on our resupply the following day.

Once again, around lunch time we were hit with some more rain and we huddled under a tarp for a lunch spearheaded by Sky: chicken noodle soup with goldfish, avocado, and cheese. The day was nice and relaxing and we basically just spent time together which was really great after a few longer days.

We had vegetable and chicken curry over rice for dinner and then attempted to light a fire for s'mores for dinner, but the rain won that battle and we went to bed buzzing with excitement for our first resupply!

### **June 30th**

Today was the day! Christmas morning! Or what felt like it. We slept in this morning because we did not have to paddle and were expecting our

resupply around 11:30 AM. We rolled out of bed and had a delicious breakfast of hash browns, bacon, cheese, and avocado. Soon enough, Long Voyage II showed up and we ended up spending the morning swapping stories and reuniting, it is always fun to run into another Wavus cabin while you are so far from camp.

Eventually Skybubby or, in this case, SANTA, showed up with Big Red and all of our fresh foods, clean clothes, and most importantly, mail! We excitedly greeted her and swapped all of our stuff out. After enjoying some snacks and reading our mail, we said goodbye to LV2 and were driven down the road to our portage trail.

We unloaded and portaged Carry Trail to our campsite on Allagash Lake. It was a particularly hot and humid day so directly after portaging we all went swimming and washed off before relaxing. Eventually, we got up and enjoyed buffalo chicken wraps with grapes for dinner. Everyone felt refreshed and happy with the day, ready for the next leg of trip!

### **July 1st**

In the morning we rose and enjoyed some fresh fruit and yogurt before heading to the trailhead of Allagash Mountain. It was very cloudy and cool and the trail had some slippery rocks that caused some tumbles, but all was fine and dandy and we shook it off with laughter.

The summit was surrounded by clouds, so we weren't able to spot Mount Kineo from the top, but we enjoyed our time at the top with a brief photoshoot and our famous air-band dance. We scurried down the mountain and hopped in our boats and headed toward the Ice Caves.

Along the way, we decided it was



necessary to pair our new nicknames with personalized dance moves so Silo, Moose, Buggie, Diggs, and newly Baby Post Malone and Farmer Girl each had their own thing. We arrived at the Ice Caves site and followed the trail before climbing down the rocks into a dark cavern, which was frigid! We took some pictures and enjoyed the space, fascinated by its temperature and features.

We climbed out and had cold cuts and carrots with hummus, and then paddled across the beautiful Allagash Lake, enjoying the surrounding mountains and clear water. We entered Allagash Stream and were greeted with our first tricky navigation of moving water and rocks. The stream was very low in water so we had to drag quite a bit of it, but eventually made it to Little Gash Falls and after a brief portage, were able to swim beneath them and enjoy the sunshine. We finished off the day with burrito bowls and a roaring fire by fire master Hannah and assistant Sky. Finally, we were able to have s'mores after days of rain.

### **July 2nd**

It seemed to almost be routine as we awoke early to a thunderstorm and then had to hang in our tents for a little before getting up for bagels with cream cheese and blueberries. We finished Allagash Stream which was much more fun with better water levels than the day before, so we were able to enjoy navigating the rips.

We eventually made it to Chamberlain which unfortunately was exceptionally windy and the wind was not in our favor. So we spent some time battling the headwinds before stopping for PB&J and paddling another hour or so before finally reaching Gravel Beach. The girls exhibited immense

perseverance and stayed positive in spite of the difficulty of the day.

Luckily our campsite was super nice and had a little rocky beach with a beautiful sunset, perfect for another quick photoshoot. Hannah ate nearly an entire pot of quinoa as it proved not to be the rest of the cabin's favorite meal. Everyone was pretty tired, so we figured it was best for an early to bed sort of night.

### **July 3rd**

Today we rose and had some cereal, then paddled across Chamberlain before stopping at the ranger station to use the water spigot and have a snack break before reaching Telos Dam and portaging our canoes and gear. We then scouted the rapids and headed down Webster Stream, working on our navigating until we reached Webster Lake. Sky and Ellie decided to pass the time by creating a song about the clouds which they then taught Ava and Hannah and later performed for the counselors.

We reached our campsite and set up before munching on pepperoni and cheese for lunch. We spent the rest of our day relaxing in the hammocks and enjoying the sun; we also encountered a bunny and some snakes at this campsite. For dinner we had ramen noodles and then made cinnamon rolls and popcorn over the fire before hustling to bed for another exciting day tomorrow.

### **July 4th**

Today was going to be an exciting day as we would be conquering Webster Brook, 10 miles of rapids and rips, the most technical that Kieve-Wavus Education attempts. We pulled out of our campsite excited and jittery, helmets on and ready.

The first part of Webster is mostly

smaller rips; we then reached a log jam and carried our boats across a gravel beach to a put-in. We paddled the next third of Webster which was much more chill before reaching the ledge drops that marked the beginning of the most rapid-filled portion of our day. There were then two bigger rapids to scout and five other sets. We paddled them all virtually seamlessly until a minor boat pinning situation that we quickly corrected and continued on to portage.

We portaged Grand Pitch Falls and then hopped in our boats for five or so minutes before reaching our campsite. We went swimming and then had a delicious meal of cornbread and chili before relaxing and going to sleep.

### **July 5th**

We woke up early, for we needed to paddle across Grand Lake Matagamon before finally arriving at the magical dreamland as well as our rest day at Matagamon. Sky ended up renaming it "Matty G" because she could not quite figure out how to not call it Macadamia. We paddled the lake, which was surprisingly very shallow and then portaged around a dam before drifting down a swift current on the East Branch of the Penobscot and pulling up to Matty G around 11:00 AM, excited for our next two days.

We set up and then visited the store to have nice cold juices before returning outside for relaxation and bacon grilled cheeses with tomato soup. Ava and Hannah decided they would make a hammock bunk bed on trees right on the bank of the river and Ellie continued to make bracelets for everyone in the cabin. Cat and Kat decided to surprise everyone with a special treat of pizza from the store for dinner and everyone was very excited!

Afterward, Hannah and Sky decided to test out their backcountry baking skills and make chocolate chip cookies for everyone to enjoy before tucking in to sleep.

### **July 6th**

Rest day! Hooray! We awoke to yet another thunderstorm before scurrying out of the tents up to the store to enjoy a huge meal of pancakes, sausage, bacon, orange juice, and hot cocoa! It was delicious and we enjoyed every bite, especially now that the meal was not followed by dishes!

The rain eventually subsided and it remained a bit cloudy, but soon we met with our guides and learned about our day of fly fishing ahead. We split up into two groups and fished on the river and the lake. We stopped fishing once our second resupply showed up and swapped our coolers, got our mail and clean clothes and, of course, our food for our next leg. We were excited to see the directors who came along, as one would be joining us and the other joining LV2 on the East Branch for the next two days.

Our day of fly fishing continued after delicious sandwiches on homemade bread, gatorade, apples, and homemade lemon cookies that were amazing! LV2 then pulled up and we said our hellos before heading our separate ways for our afternoon of fishing. Hannah caught 11 fish and Ava caught 10, everyone caught a fish! Ava also took a bit of an involuntary swim when trying to switch fishing spots in the river which proved to be a hilarious sight.

Later that day we returned to our site and camped with LV2. We enjoyed steaks, potatoes, and corn with dinner and ate until we were stuffed! That night we had a fire with LV2 and hung out before heading to bed.

### **July 7th**

We slept in a bit, but not too much because it was egg sandy day! We had a delicious hot breakfast of bacon/sausage, egg and cheeses on English muffins to combat the brisk and windy weather. We were excited to show Greta how amazing our cabin was on the East Branch and got right into it.

The East Branch is one of the best parts of our trip because there are a lot of fun rapids and portages to wrap up our 18-day adventure. We paddled through Stair Falls and Haskell Deadwater before portaging Pond Pitch and then arriving at Grand Pitch where we dropped our gear at our campsite and then portaged our boats to the put-in. We ended up running into LV2 yet again while they fished right off our campsite. The rapids were super fun and we absolutely crushed the portaging, as always.

### **July 8th**

We woke up early and had French toast with fresh fruit for breakfast. We portaged the remainder of our gear, and Sky carried the cooler the entire portage all alone! We paddled briefly to the Hulling Machine portage which is a notoriously difficult portage, with a tough trail and terrain to carry through, but of course LV4 crushed it and even broke the time record that was 50 minutes and did it in only 45! We then paddled to Bowlin Falls to scout and run the rapid and then to Lunksoos.

We arrived just before lunch and set up and ate before Greta departed. It was a beautifully sunny day and we spent a lot of time outside reading and being together as the end of our trip was inching closer.

### **July 9th**

Today was anticipated to be a relatively long day, we would be

conquering 21 miles of paddling! We woke up and paddled through Whetstone before arriving at the next several miles of dead water. We knew the day would be long so we continued to sing songs and have fun snack breaks whenever we needed. We remained on the lookout for Grindstone which would be our last rapid and would mean that we were only a few miles away from our pick-up location to take us rafting. We sang "Where are you, Grindstone? Why can't I find you?" as we cruised as best we could through the stagnant river.

We finally spotted the bridge and pulled over to scout the first part of Grindstone, which would be about a mile of rapids. We had a ton of fun on Grindstone and it took us a very short time to complete it, much less than we anticipated. We ended up arriving at Pine Grove a couple hours earlier than expected, so we were able to change, eat lunch, and relax until Skybubby arrived to load up our stuff and take us to the New England Outdoor Center where we would be rafting the following day.

We were excited to be back in the van to jam to our favorite song, thanks to Sky, "I Will Not Forget." Once we arrived and set up, we were very hot so we decided to hop back in the van and go to a small swimming area below one of the rapids we would be running tomorrow. We found a great little rocky beach with a fun little current to float through. After a bit of swimming we returned to the site for taco salads and then ended our night with s'mores and songs courtesy of Skybubby!

### **July 10th**

Wow! It was finally here, the final day of trip! We couldn't believe how fast it had all gone by. We woke up

and after a brief orientation with the day's itinerary, we were off to rafting. We rafted with a Kieve LV cabin as well, but other than that we had the entire river to ourselves. On our way to the river we spotted Maine Trails 1, all lined up on the bridge waving and cheering for us, which was exciting!

We rafted all morning, enjoying Class V, IV, III, II, and I rapids, which were so fun, no one even fell out! As we were going under the bridge, we were able to pull over and quickly greet Maine Trails 1, which was even more fun! We then continued on and enjoyed an awesome river lunch complete with cookies, river rice, steak, chicken and iced tea. It was delicious and we settled in for the second half of the river.

We finished up our day and headed to Chick-fil-A for a well-deserved meal of chicken and waffle fries with, of course, milkshakes. We stopped at Walmart afterwards to pick up necessary supplies for our entrance. We settled on all getting matching T-shirts that said "Every Little Thing is Going to Be Alright" which we loved because it reminded us of our first few days together at camp. We also covered ourselves with glitter and came in on the back of Big Red the truck, and performed a rock show to Goofy Goober Rock from the Spongebob movie, it was epically hype! We were sad the trip was over, but felt accomplished and happy to be back at Wavus with everyone again.

Cat Wood, HBC

## **Long Voyage II**

### **June 24th**

This morning, we woke up early, around 6 AM to finish packing the gear and get a headstart before breakfast. Abby and Chiara helped Tsipora pack the girls' duffels into the barn while

the rest of the campers helped Councie Abby bring the boundary bags down to the trailer. The girls loaded the trailers with all the gear and helped the counselors tie on the canoes. Caroline and Norah were especially helpful in tying Trucker's Hitches on the trailer!

After our 4-hour drive, we set up tents and had cold cuts for lunch. The girls relaxed before our veggie, sausage, and egg bowl dinner. Chiara, Eve, and Gabi searched for firewood and the crew helped Councie Abby set up the fire. Then the campers learned to make banana boats and enjoyed dessert!

### **June 25th**

After avocado toast with eggs and tomatoes for breakfast, the girls headed out from Cowan Cove on a 2.5-hour paddle covering 6 miles of Moosehead Lake to Hardscrabble Point. The girls were excited to paddle despite the cold and rain. We had grilled cheese and tomato soup under a well-constructed tarp (thanks Caroline and Norah). Everyone enjoyed well-needed naps, had burgers for dinner, and watched a lovely sunset.

### **June 26th**

After breaking down our tents, we started out our morning with a hot bowl of oatmeal. We are so proud of Delia, who finished her entire serving despite previous troubles with oatmeal!

After paddling for 3 hours, we landed at Big Duck Cove and enjoyed some tent time. Because the weather was so beautiful, we decided to swim! Thanks to the sun, it was great to finally dry our clothes after a few stormy days. After lounging around for a couple hours we had vegetable soup and English muffins with cookies that Councie Abby fixed up!

To finish the night off, we watched

another beautiful sunset!

You know you love me,  
xoxo -Norah

### **June 27th**

To get an early start on this long day we woke up at 4:30 a.m. We had a breakfast of everything bagels with cream cheese and quickly packed our canoes. We paddled for about 3 hours to the Northeast Carry, passing many waterfront houses on the way.

We finally arrived at the yard leading to the Carry Trail, where the outhouse was one of the best yet! After having a quick snack, we loaded up with gear and were greeted by two adorable dogs, a great omen for the rest of the day. Chiara and Tsipora carried a canoe while the rest of the cabin took group gear. It took about 1 hour to finish the gear and we told stories to pass the time. We were grateful for the PB+J lunch with Crystal Light packets and Milky Way bars!

After walking back, we started on the canoes, finishing after 3 hours. Despite 4 campers not being able to portage canoes, we all worked together and crushed it! We recuperated from the portage and promptly started paddling down the West Branch of the Penobscot.

We arrived at Thoreau Island after 2 hours and took a brief swim, washing up in the strong current. We gave each other massages and had a yummy dinner of Pad Thai. Thanks councies!

### **June 28th**

This morning we woke up at 5 a.m., eager to start our first full day on the river. Despite cold temperatures, heavy rain, and some wind, the girls persevered. We paddled for several hours, keeping spirits high by singing Christmas songs and talking about everyone's favorite foods.

The cabin arrived at the campsite, Canvas Dam, and hurried to change out of their wet clothes. Everyone felt better with warm, dry clothes on and with a PB+J on pita. Before it started raining, the cabin set up tents and flipped canoes. Caroline, Cavan, Chiara, and Norah set up the tarp in order to keep our food dry. To pass the time before dinner, the girls played games, napped, and talked in their tents. We finished the day with delicious pesto mac 'n' cheese before retreating to our tents for the night. Pow Pow! -Delia

### **June 29th**

Today was a legendary day: Horserace Rapids. We woke up to sun and Builder Bars, then paddled 7 miles to the rapids. To pass time on the paddle, the gang talked about their favorite TV shows. We had to walk upstream dragging our canoes and gear for about 1 mile. It was a challenge, but that's what we expected for Long Voyage!

When we reached the end of the rapids, we carried our canoes up a steep hill to the portage trail. We used our great paddling muscles to portage the canoes and gear down the ATV trail to our campsite at Caucomgomac Dam. The view was breathtaking and it made up for how buggy it was. We let our gear dry and lay out on the beach.

For dinner we had stir fry followed by a very pretty photoshoot in the sunset. We did Rose, Bud, Thorn; then said goodnight, excited for a more relaxed day tomorrow!

Much love and bug bites - Eve

### **June 30th**

This morning we started our day at 5:30 a.m. with oatmeal for breakfast. We loaded our boats and set off for our 4.5-mile paddle to Round Pond. We paddled along Ciss Stream and spotted

3 moose: a mom and 2 babies! We stopped for a while to watch them and made sure to stay far enough away.

After a while on the stream, we entered Round Pond and paddled across to our campsite. We got to hang out with LV1 as they waited for their resupply! The girls talked about their favorite parts of the trip so far and then relaxed and had lentil soup for lunch. For the rest of the afternoon, the girls were in their tents napping, reading, and playing cards.

We finished our day with a dinner of bean salsa and polenta. The girls tried hard to start a fire, but the wood was wet and not catching. We solved the problem by making s'mores on the Coleman. We all went to bed excited for resupply tomorrow!

Good job today girls!

Long Live Bball selfie – Eloise

### **July 1st**

After a nice sleep-in, the girls were greeted with an exotic breakfast of tropical couscous. We packed up camp and waited for resupply. After getting many letters, packages, and treats from friends and family, we loaded up Big Red and took many trips to the beginning of the portage trail.

Once the gear and canoes were dropped off, we portaged with high spirits to the Carry Trail campsite. At the other end, we enjoyed turkey, cheese, carrots, and hummus. Because of the tiring, hot day, the girls cooled off in Allagash Lake. We ended the day with pasta bolognese.

Never forget to dip, dip and swing!

–Chiara

### **July 2nd**

This morning we woke up at 2:50 AM in order to sunrise hike Allagash Mountain. Shortly after we summited, a thunderstorm forced us to hike back

to the campsite. The girls enjoyed a few extra hours of sleep and were woken up again at 7:30 AM to paddle. After enjoying yogurt with granola and fresh fruit, we began our paddle!

About an hour in, we stopped for a Poptart snack and then started on Allagash Stream. The girls worked together well with their paddling partners to navigate shallow water and lots of rocks. We stopped for a quick portage around Little Allagash Falls then finished the last 2 miles of the stream followed by 2 miles on Chamberlain Lake, finally stopping at Lost Spring campsite. The girls sang, read, and enjoyed the long awaited sun.

Hasta luego –Mabel

### **July 3rd**

Happy Birthday, Mabel! Once again, we're back on Chamberlain Lake. After a night of thunderstorms, we woke up at 4 AM and immediately broke down camp. We wanted to get an early start because of Chamberlain's notorious headwinds. Thankfully the wind was low and was even helping push us to our destination! In total we paddled about 11 miles in 5 hours with a long snack break at Gravel Beach. We passed the time singing songs and planning our entrance back to Wavus after trip.

We reached Boy Scout campsite at about 9:45 AM and spent the day reading, sitting in our hammocks, and of course, napping. Councie Abby and Eloise paddled to Chamberlain Bridge for a mini resupply of fuel, superfruit, and batteries and saw some familiar Wavus faces.

We ended the day with a delicious dinner of vegetable curry and enjoyed Oreos and PB for Mabel's birthday. As Walt Whitman once said, "I wish there was a way to know you're in the



good old days before you've actually left them."

Send it. -Caroline

### **July 4th**

Happy Fourth of July! Before getting on the water, we broke down camp, ate cereal, and dealt with an enormous spider in Gabi and Abby's boat. We started paddling at 5:30 AM but stopped at the ranger's station at Chamberlain Bridge for clean running water!

We eventually made it to Telos Dam where we had a quick portage and tied in our gear to prepare for Telos Cut, a 1-mile rapid. Despite low water levels, we persevered and made it to Webster Lake. The sun was shining and temperatures were reaching the 90s, making frequent water breaks even more necessary.

After 3 miles on the lake, we made it to our campsite at Webster Outlet. We ate PB+J on pitas and instantly changed into our swimsuits. After hours of tanning, swimming, playing games, and a brief photoshoot on the cabin camera, we finished our day with grilled cheese and tomato soup.

Incognito all day -Abby Slimmon

### **July 5th**

We woke up this morning around 5:30 AM, ready for one of the most challenging days of the trip: Webster Brook rapids. The paddling proved to be challenging, but we managed to get through the rapids without any capsizes! Then we portaged  $\frac{3}{4}$  of a mile around Grand Pitch waterfall. Despite hot temperatures and a difficult portage, we persevered.

Our campsite was a few feet from the end of the portage, so we swam down the end of the rapids to cool ourselves down after a long day. We ended the day with personalized pizzas

and Milky Ways to celebrate our hard work. We enjoyed sitting on the beach together after dinner looking at the pretty sky.

### **July 6th**

Today we woke up at 5 AM and had vanilla almond Builder Bars. When we started to paddle, we heard thunder and pulled to the side of Grand Lake Matagamon where we sat in lightning position for about 2 hours.

Once we finished the lake, which was surprisingly shallow at points, we portaged around a dam and arrived at Matagamon Campground. We were greeted by LV1, Greta, and Molly. For lunch we had delicious French Onion Soup, which hit the spot on a chilly day.

After chatting, petting a cute dog, and squeezing 9 people into a tent for a card game, we had veggie chili with cornbread for dinner. Then we huddled in our tents to hide from the wind while talking with our tent mates. With LV1 on the same campsite, we sat around a campfire and caught up with them before going to bed.

### **July 7th**

Ayo it's Delia! Today we had a fun-filled rest day at Matagamon. We slept in until a pancake breakfast at 8 AM, prepared by the wonderful staff at Matagamon. Hungry after two weeks of camping, we all devoured our meals. After stuffing ourselves, we went with our guides to learn the logistics of fly fishing. The cabin split into small groups and separated out to practice our new skills.

As the girls came back for lunch, Hannah arrived with our resupply! We got food, letters, packages, and clothes for the third and final leg of our trip. Everyone was ecstatic to put on clean clothes and get more GORP.

Then the individual fishing groups went on afternoon excursions to different fishing hotspots around the East Branch of the Penobscot river. Everyone enjoyed putting their new skills to the test. Eloise, Norah, and Tsipora even trekked 30 minutes to their spot and Delia caught more than 20 fish!

All of the groups congregated at the Matagamon dining room for an amazing steak dinner. Our dinner with corn on the cob and baked potatoes was completed with delicious brownie sundaes. As the sun set, the girls talked and built a fire, preparing for a few days of river paddling.

Pow pow! -Delia

### **July 8th**

Today the girls woke up at Matagamon with a nice trip sleep-in time of 6:30 AM. After a delicious breakfast of bagels with lox, we headed out on the East Branch with Molly Wood as our personal expert. After crushing Stair Falls and a brief portage, we continued to Haskell Dead Water where we portaged again around Haskell Rock Pitch.

Soon after, we arrived at Grand Pitch campsite, portaging only our canoes and working together to finish the last boat. We relaxed at the campsite and even threw a piece of wood named Larry the Log down the waterfall. It was a stunning view. The girls worked together to cook a tasty dinner of pasta with red sauce and cinnamon rolls for dessert. We ended the day with a Riff-Off around the fire, featuring lots of Delia singing Taylor Swift.

### **July 9th**

Today LV2 woke up at 5:30 AM and had awesome breakfast sandwiches. Next, the gang completed the Grand Pitch portage by carrying gear, only to

quickly move onto the last portage of our trip around the Hulling Machine!

We enjoyed a beautiful but hot sunny day, enjoying cheese sticks on the river. We arrived at our campsite, Lunksoos. We devoured PB+J and relaxed for the rest of the afternoon. Despite very hot sun, the campsite had ice cold drinking water that we were very grateful for.

5:30 PM rolled around and we ate veggie sausage hamburgers for dinner. Eloise helped to make sure the campsite was totally bomb-proofed before bed. We did Rose, Bud, Thorn, reflecting on the last few days of trip and ate Milky Ways to celebrate finishing our last portage.

Much love and bug bites -Eve

### **July 10th**

Today we woke up at 4:30 AM to a delicious breakfast of oatmeal with dried fruit and granola. We quickly took down camp to beat wind and bad weather. We paddled for about 3 miles before arriving at Whetstone rapids. Everyone rocked it!

After Whetstone we paddled about 11 miles to Grindstone Rapids. We pulled over to the rest area to use the bathroom, eat half of our lunch, and scout the top of Grindstone. Everyone did so well, officially completing Voyage rapids without a single flip!

We then paddled and floated the rest of the way to our take-out at Pine Grove. We prepared our boats and gear for pick-up, then sat playing cards and eating while waiting for Greta to arrive.

We set off on our short drive to New England Outdoors Center and listened to much awaited music in the van. At NEOC we set up camp and had a yogurt and granola snack before walking to the "Keep Maine Beautiful" rock to take pictures.

After delicious burrito bowls and having a special movie night to celebrate the last night of trip, we went to bed early to get ready for a long day of rafting!

Good job today girls,  
long live Bball selfie -Eloise

### **July 11th**

Today we started at 6:30 a.m. with awesome S&M pancakes. We quickly packed up camp and headed to the NEOC lodge for whitewater rafting. We met our 2 raft guides, Jason and Caleb, and Kirstie met us to raft! We then got all our equipment and piled into the van. We sang songs on the drive and even drove by Maine Trails 1 on Abol Bridge!

Once we arrived at the put-in, we unloaded the rafts and carried them to the river. After going over paddling commands with our guides, we completed a Class 5 rapid, The Exterminator. We got to paddle lots of amazing rapids, sit in the air pocket under a waterfall, and play on natural waterslides. We pulled to the side of the river for a delicious lunch of steak, coleslaw, and river rice.

After a chill afternoon of rafting, we returned to NEOC and loaded the van one last time! During the ride we sang classic Wav songs and stopped for dinner at Five Guys. Filled with milkshakes and burgers, we finished the ride back to Wavus! Eve led the cabin in a dance circle while we waited for the coast to be clear to sneak back to our cabin. We showered and unpacked while telling funny stories with LV1. We are all so proud of everything we have accomplished!

Abby Heher, HBC

## **Maine Trails 1**

### **Appalachian Trail**

### **June 21st**

This morning we eagerly hopped out of bed, looking forward to our first day of our trip! The sun was shining as we had our last breakfast at Wavus. After a quick impromptu dance party and after we finished packing up, we were sent off in a Maine Trails parade.

Our drive took about three hours but eventually we were brought to Round Barn. We had a great lunch of cold cuts before we got on the trail and then we waved goodbye to our driver, Terri.

We began our hike happily. The terrain grew tougher as we neared the beginning of the Appalachian Trail, but we pushed on for the two miles because we couldn't wait to start seeing some white blazes.

About two hours later we reached our campsite for the evening. We had a brief meeting about water filtration and then had some tent time before dinner. Dinner was burgers with all the fixins'! We fell asleep early looking forward to our first full day.

### **June 22nd**

Our first full day of backpacking started out with an early wake up around 4:45 AM to get our 12-mile day started. We had some Builder Bars, took down camp and left Safford Notch campsite around 6 AM.

We hiked for about two hours in high spirits until we reached the peak of Little Bigelow Mountain. We sat on the top of the mountain for a snack and picture break. As we continued on with our day we had a straight downhill shot until we got to our lunch spot. At lunch we were excited for our sunbutter and jelly sandwiches as Julia kept us endlessly entertained with her funny ways to eat her sunbutter. Emmy

took on a storyteller role for the rest of the day as we were hiking!

Lunch was our halfway point with plenty more to go so we put packs on and pushed hard over the next two mountains that day. Carly kept energy in high spirits when group morale started lowering towards the last two miles of the 12 miles.

We were so grateful when we made it to our campsite that evening so we took a quick power nap and rested our feet until dinner was ready! For dinner, we had burrito bowls which were well deserved after our long day. We ate and talked to some thru hikers in the lean-to until we fell asleep. It was a long and hard day but we were excited for what was to come.

### **June 23rd**

We woke up this morning a little later than usual! We started the day with Builder Bars and sore feet, but we strapped on our packs ready for the day! We started at a quick pace and continued at that pace for three hours.

After just three hours we realized we were more than halfway there because of the flat terrain. We pushed on the last four miles of the day, occasionally breaking to fill up water. After a lunch stop for some sunbutter and jelly, we arrived at Pierce Pond Lean-To at 12:40 PM!

We spent the rest of the day napping, reading, and writing letters. After a lazy afternoon we had a lovely dinner of mac and cheese. After a fun dinner we all went to bed full and tired after our long 10-mile day.

### **June 24th**

We woke up at Pierce Pond Lean-To to a little bit of rain, but we were all well rested and ready to start the day! We walked quickly this morning to

the Kennebec River after a nice three miles along side of it. At the Kennebec River we waited until 9 a.m. for Greg, the Kennebec Ferry guide, to begin ferrying people along the river. We let the thru-hikers go first and we were excited to get across the river because there was a puppy golden retriever on the other side, which Leah was excited for! After some time with the puppy we were sad to go say bye to Laurens, but after her departure we had a group huddle and booked it for our last six miles.

After only three hours, we had had lunch and had made it to the campsite, Pleasant Pond Lean-To. At this campsite, Kinsale encouraged the cabin to take a walk to the beach area where there was a dock and a beautiful pond! The girls all washed themselves off and we felt clean again!

Around 4:30 PM we started cooking dinner and looked forward to a restful night in our tents—early! We had quinoa and chicken bowls for dinner and some Oreos for dessert. Overall, this 9.7 mile day was tiring but we couldn't wait for our above tree line mountain tomorrow!

### **June 25th**

We woke up this morning to a bit of rain which made our usual quick mornings go a bit slower. We packed up camp at Pleasant Pond Lean-To and got on the trail, starting to hike up Pleasant Pond Mountain. Our ascent was rainy and cool, but it only took us an hour to get to the top, which impressed us all. We took some pictures and then continued on our way. We had a 9-mile day ahead of us, but Jesse's encouragement and positive spirit kept us determined to get it done!

We hiked strongly for about 6 miles

until we were ready for lunch! We sat in a beautiful spot by a pond on the side of a road and had sunbutter and jelly sandwiches as we laid out some of our wet gear. After lunch we hiked on for an hour before we reached our campsite and we realized we'd made it the next 3 miles.

We were at the campsite by 1:30 PM and spent the rest of the day relaxing. For dinner we had pesto pasta, which was absolutely delicious. We went to bed that night looking forward to the next day!

### **June 26th**

We woke up extra early this morning at 1:30 a.m. to begin our day. We had hopes to hike Moxie Bald Mountain in the dark and catch the sunrise at the top. We packed up camp quietly, as to not wake up any of the through-hikers in the lean-to and began our ascent around 2:30 a.m. We hiked in our headlamps quickly, telling stories up the mountain. We stopped as we got higher in elevation to see the full moon still out. The night sky and the stars were incredible as we neared the top. Around 4 a.m. we reached the peak just as the sun was starting to peek through. We got out our sleeping bags and sat cozied up at the top watching the sunrise. We all took small naps at the top after marveling at the natural beauty. Logan and Julia expressed how much this moment and view meant to them. We had cereal at the top and when we finished we enjoyed a slow hike down.

We arrived at Moxie Bald Lean-to around 8:30 a.m. to a wonderful day. The campsite overlooked a pond so Sammy encouraged all of the girls to take the time to relax and wash off in the sunshine. Some girls caught up on sleep while others enjoyed the

campsite's natural beauty. We had a lunch of pep and cheese on pita and a dinner of grilled cheese and chicken noodle soup. Our lovely day came to a close as we tucked into bed after an extremely long day!

### **June 27th**

Today we slept in after our rest day, meaning that we were extra well rested! We had our late wake-up around 7:00 a.m. and quickly packed up. We had oatmeal for breakfast and then began our 9-mile day. The day began at a fast pace. We were hiking quickly and before we knew it we were already six miles done in only three hours.

We had our first river crossing today where we learned more about reading rivers and proper etiquette when it comes to walking in swift water with our packs on. After we all crossed safely, we celebrated with a lunch of sunbutter and jelly. After we were full, we hit the trail again! We had three miles to go and, surprisingly, we crushed the three miles in just under one hour!

We made it to our campsite by 1 p.m. and took the rest of the day to write letters and finish books before our re-supply. Our campsite that night was Horseshoe Canyon and we met several thru hikers on their way to Monson - like us! We finished our day with rice and beans with chicken and tortillas. We went to bed full and excited for tomorrow's re-supply!

### **June 28th**

This morning we were all excited to hear the counselors' alarms go off because it meant it was re-supply day! We packed up rather quickly because it was rainy out, so we had our Builder Bars, then hit the trail. We had to hike 9 miles in order to get to our pick-up point. We walked through torrential

rain, stopping only for water, until we reached Monson! We made it to our resupply pick up nearly two hours early, so we set up the tarp and sat away from the downpour to snack and play some camp games. Around 11 a.m. Greta came to our resupply with Laurens! We were so happy to have our whole cabin back together.

Greta took us to Northeast Whitewater, where we'd be staying for the evening and we had some lunch and opened mail. It was so nice to receive letters from all of our friends and family. After we were full from our lunch, we said bye to Greta and raced off to take some well-deserved showers. We had a lot of yurt time once we were clean to relax and read before our dinner and moose safari. The staff at NEWW made us a delicious protein-filled dinner which we scarfed down.

When we were done, our moose safari guide, Brice, explained that since it was raining, we would drive around and look for moose rather than canoe. On our safari, Emmy asked some good questions about moose and we heard some fun moose facts, listened to music, and saw three moose! Some of the moose were huge and it was very cool to see! Back at NEWW we settled into our cozy beds for the evening and fell asleep after our long day.

### **June 29th**

We woke up this morning around eight A.M. in our yurts at Northeast Whitewater! Had a lovely sleep after an exciting moose tour the night before. We had a slow morning where we packed up our gear and attempted to dry our boots in the sunshine. The staff at NEWW was nice to make us a feast for breakfast! We filled up on eggs, pancakes, sausage, and hash browns along with some OJ and coffee! We

took a while after breakfast for some much-needed digesting before getting back to the trailhead. As soon as our bags were packed and our boots were on, we went back to the trail.

A sign at the entrance read that we were entering the 100-mile wilderness, which was extremely exciting and a little bit scary! Our hike was short, only 3 miles with some ups and downs, and we hiked in the sunshine until we made it to our campsite for the evening, Leeman Brook Lean-To around 12 P.M.

We unpacked and set up camp and settled down for our lunch of cold cuts, a special treat after our resupply. We reviewed the maps for this leg of the trip and then got into our tents for some relaxation time as a storm rolled in. After we had some nap time and played some card games, we had our delicious dinner of chicken parm patties on buns. We cleaned up, pumped water, and fell asleep, looking forward to our first full day of leg 2.

### **June 30th**

We started this morning later than our usual because we only had 7.5 miles to crush today. We packed up our campsite at Leeman Brook and got on our way after having some Honey Bunches of Oats. Our pace this morning was slower because of the tough and rocky terrain. We had to be extra careful of slippery rocks because it had rained the night before.

We knew we were at our halfway point for the day when we hit our first river crossing of Little Wilson Falls Stream. The water levels were high but we crossed easily. The second river crossing was a smaller stream that we were able to rock hop. Finally, after some nice views and a few miles later we reached our third and largest river

crossing for the day at Big Wilson Falls Stream.

Once we had all safely crossed, we stopped for our lunch on the other side. We treated ourselves to some sunbutter and jelly sandwiches in the sunshine. It was only a mile later after lunch until we reached our campsite! We took the afternoon enjoying the stream to wash off at Wilson Valley Lean-To and spent the rest of the afternoon relaxing. For dinner we had couscous chicken curry by the lean-to and hung out for a bit all together until we went to sleep.

### **July 1st**

We woke up early this morning, ready for our long day. We packed up camp quickly and went over the maps before we left. We started walking uphill to get over the first few bumps of the day. The day included three river crossings! On the first two river crossings we were able to rock hop but for the third we changed into crocs. The current was pretty fast but the cold water felt good on our sore feet. We took break in a sunny area after the river crossing to fill up for our water bottles, dry off, and have a snack.

The remainder of our day was pretty much straight uphill for 4.5 miles. The terrain was hard, but we were rising in elevation quickly as we entered a mountain range. We got to a part of the trail called the Barren Ledges where we climbed up rock faces for a bit. We stopped about 2 miles from the top of the mountain for sunbutter and jelly at a part with a beautiful view. We took a lot of pictures and then continued on our way.

The terrain was steep so we took a lot of breathing breaks. We got to the top of Barren Mountain after a few hours and cooled off in the breeze. The mountain had amazing views and a fire

tower at the top. The last mile to the campsite was short and flat and then we arrived at Cloud Pond Lean-To! Cloud Pond was right on a pond and it was absolutely beautiful out. We all relaxed and washed off before settling into the lean-to to play cards.

After meeting a few through-hikers we had dinner, buffalo chicken mac and cheese, which was the perfect meal after a long day. With the sun still shining, we settled into our tents to read before bed with the rain flies off. It was a great day!

### **July 2nd**

This morning we woke up ready to crush our three-peak day! We had a slow morning as our mileage for the day was only 6.8 miles, which was less than our usual. We had oatmeal for breakfast and left the campsite by 7:00 a.m. Our first peak of the day was Fourth Mountain, which was very steep and difficult, but the view on top was so rewarding. The second mountain of the day was called Third Mountain, which was a more gradual climb. We had a bar break and had a snack at the top. The last mountain of the day was a rough climb up but all of a sudden we were at the campsite! The third mountain didn't have a sign so we just breezed by the peak!

When we got there, we settled in and had our lunch of pep and cheese in the lean-to. We took advantage of the good weather and laid out some wet items in the sunshine. We all relaxed for two hours with the rain flies off our tents for a nice breeze. We had a dinner of quinoa stir fry with all the fixings and ended our night reviewing maps for the next day. We were looking forward to getting out of this mountain range and entering a new one!



### **July 3rd**

Today we woke up energized and excited for the day! We had bars for breakfast so we started our day full and got on our way. We began the day by summiting Chairback Mountain around 6:15 A.M. It had a beautiful view that we stopped to enjoy. The way down that mountain range took about 2.5 hours and it was an extremely steep downhill. We reached the bottom of the mountain range around 9 A.M. and had a very pleasant river crossing at the bottom! After the river crossing we relaxed in the sunshine for a bit-refilling water and playing games.

Around 11:30 we got on our way again for the next five miles of our day. We were entering a new mountain range so it was a gradual uphill increase for several hours but we stayed entertained by telling stories and singing songs. We stopped for lunch on the side of the trail to keep us energized and then pushed on to Carl Newhall lean-to. After 30 minutes of break we decided to make our next day easier by going forward on the trail up Gulf Hagas Mountain and peaked around 3:30.

It had been a long day by the time we reached our campsite after 11.8 miles but we unpacked and enjoyed some pesto pasta to end the night. It was absolutely delicious and we got into bed that night excited for our next three peak day and first view of Katahdin!

### **July 4th**

We woke up at 4:30 A.M. ready for one of our hardest days. Today we were summiting 3 peaks back to back. We quickly got ready and had bars for breakfast to prepare for our long day. To our surprise, the first mountain took us 30 minutes to reach the top, so we had completed West Peak by 6 A.M. The next mountain, Hay Mountain,

was a more gradual uphill, we didn't even realize we had gone that far uphill when we saw the summit sign! Our last and hardest peak of the was White Cap Mountain. We hiked a straight uphill trail for a while and had reached our final peak by 8 A.M. We were so speedy! We had amazing weather on top of the mountain so we could see our first view of Katahdin perfectly.

We also could see, way in the distance, where we began 14 days ago. To see how far we had come, and how little we had left was amazing and brought a few of us to tears (per usual). We celebrated all our hard work with Milky Ways at the top and enjoyed the weather for a while. We began hiking down and made it to our lunch spot by 10:30. It was early for lunch, but we decided to relax in the lean-to and have a rewarding break. We had pep and cheese and ate as we played cards and sat by the water.

We finally left around 11:50. It was an extremely hot day so we all took a dip in the stream later before settling into our tents for some naps. After a long day, we ended the night with some burrito bowls for dinner, which were absolutely delicious!

### **July 5th**

We woke up this morning at 5:30 A.M. and packed up quickly, eager to get on the trail! We had an 8-mile day ahead of us so we got out of the campsite early! The first part of the day consisted of two steep ascents: one was what looked to be a ridge and one as a mountain! We hiked quickly and had finished 4 miles in nearly 2 hours. With another 4 miles to go we kept up the pace and walked as a cabin group down the mountain. With only 2.5 miles to go, we split up the cabin in partnered groups. The girls were going

to hike separate from the counselors with only two or three of their friends and hike the last part of the mileage alone. The group broke up and had walks of their own, which everyone reported were extremely fun.

We reached our campsite for the day, Cooper Brook Falls lean-to, at 10:30 A.M. We had the entire day to spare! We had a satisfying lunch of sunbutter and jelly to celebrate. The campsite had a beautiful swimming hole near the bottom of some falls. We all went swimming and washed ourselves for a few hours, as well as laid out in the sunshine. Some of us moved to the shade of the lean-to for some card games and letter writing.

We started making our dinner of Ramen bombs, Ramen and potato pearls, around 4:30 P.M. and had that delicious meal by the water. We made a fire after dinner and roasted some s'mores before bed. Our day was long and relaxing; we went to bed that night excited for resupply!

#### **July 6th**

We woke up this morning to a crazy downpour—but we packed up camp through the storm because we were eager to get to our last re-supply! We hiked for about two hours through the torrential rain until we got to Jo-Mary Road. As we arrived at our re-supply location, the weather started clearing up so we could lay out all of our wet clothes and tents to dry. Our resupply driver, Lauren, came and surprised us with delicious foods and all our new clean clothes. We sat for a while opening up mail and eating lunch until we had to say goodbye until our pickup day!

The hike to our campsite was only four miles, but with full stomachs from our indulgent lunch, it took us

a bit longer than usual. However, Elle kept us endlessly entertained on our hike with her storytelling, so the time seemed to fly by!

When we arrived at Antlers, our campsite for the night, it was sunny and windy so we spent some time relaxing outside all together. We rested in our tents until our dinner of chicken patties and slept well knowing that we had a long day the next day!

#### **July 7th**

We woke up early this morning at 5 A.M. ready for the day! We left Antlers campsite at 5:50 A.M. after a slow pack up and breakfast of bars. We hiked fast today and kept seeing signs for how far away Abol Bridge was, which was our landmark for the end of the 100-Mile wilderness. Before we knew it, we had hiked 8 miles in 3.5 hours! The weather as a perfect mix of sunny and breezy today after the past few days of unpredictable weather. We took a granola bar break in the sunshine and carried on hiking for a few miles until lunch! We stopped at a state campsite which had a nice lake view and had sunbutter and jelly on pita.

The last 2.5 miles of our 13-mile day went by quickly and before we knew it, we were at Wadleigh Stream lean-to where we were camping for the night. We relaxed in the lovely weather for a few hours and washed up at the stream. For dinner we used the fresh veggies from our resupply and made veggie boats with quinoa! It was a delicious and filling meal after our long day. We rested very well that night knowing that we had another long day tomorrow.

#### **July 8th**

We woke up at 5 A.M. this morning knowing we had another full and long day ahead of us. We had a breakfast of

bars at Wadleigh Stream lean-to before we left for our 12-mile day. The day of hiking instantly started out pretty difficult with lots of incline, but we hiked like champions, knowing it was the last mountain we'd climb until Katahdin. We summited Nesuntabunt Mountain after 45 minutes of hiking and took a break to look at the amazing view of Katahdin we had.

After our uplifting break, the rest of our day flew by quickly, as we were hiking fast toward lunch. We stopped at one of the lean-tos on the trail for a pep and cheese lunch and a relaxing break. We were back on the trail by 11:30 A.M. and walked in the sunshine for the next two hours along a beautiful lake.

Our campsite this evening was Rainbow Spring Campsite. This lovely campsite was right on a lake filled with beautiful clear water and we spent the afternoon recovering from our past two hard days by relaxing near the water and napping. Dinner was a delicious buffalo mac and cheese which we happily ate right by the lake. The night was so perfect, so we spent some time reflecting on our trip as a group. Some of us took a swim post-dinner, but most retreated into our tents, looking forward to sleeping in a little tomorrow.

### **July 9th**

We woke up this morning later than usual at Rainbow campsite. We had a slow morning in the sunshine and had oatmeal for breakfast before taking off for the day. We were excited for our last full day in the 100-mile wilderness! Our pace began fast this morning, covering the first three miles walking around the perimeter of Rainbow lake quickly. Before we knew it, we were on our way up Rainbow Ledges! Rainbow Ledges

was absolutely stunning. Rock face terrain met us and we enjoyed hiking up it. At the top Rainbow Ledges, we had the most wonderful view of Katahdin and decided to stop for lunch there to admire it. We had sunbutter and jelly sandwiches for lunch and laid out in the sun for a while as our campsite was not far away.

After a nice long lunch, we got back on the trail for 2.5 more miles until we reached Hurd Brook lean-to. Hurd Brook is the last lean-to on the AT so we all took some time checking out the log book to see some of the inspirational words thru-hikers have written. After some rest in the nice weather we had burrito bowls for dinner, which were delicious!

### **July 10th**

We woke up this morning early and ready to tackle our last full day as a cabin before the final resupply! We hiked the 3.5 miles out of the 100-mile wilderness rather quickly so we reached Abol Bridge by 7:30 A.M. We all took a moment when exiting the hundo and reflected on the bridge.

At Abol we got settled into our beautiful campsite on the river. We had the entire day to rest so we spent the day outside. We had grilled pep and cheeses for lunch and shortly after that we went up to the Abol Bridge store and treated ourselves to some well-deserved ice cream! We took our ice cream back to the riverfront spot at our campsite and we watched as LV1 rafted by us on their last day of trip! We said a quick hello to them and then sent them on their way back to Wavus.

Our afternoon was delightful! Swils and Izzy laid out all of the 5 maps we completed this trip and had the group walk through the maps and reflect on our highs and lows. We went over some

of our favorite moments of the trip together and then had a delicious meal of pancakes for dinner! We had fresh maple syrup and took crushed up bits of Milky Ways to mix into the batter. It was so good! For dessert we made scrambled brownies and then spent the rest of the evening sitting around a picnic table together, singing songs and looking forward to Katahdin!

### **July 11th**

We got up this morning after a sleep-in ready for our last full day of hiking before Katahdin! We had a slow pack-up and eventually brought all of our gear up towards Abol Bridge. We ate our breakfast for the morning, Builder bars per usual, on the walking path for Abol Bridge overlooking the beautiful Katahdin! We saw LV2 go past in their bus on the way to rafting and they were a happy reminder that we were almost back at camp.

After that we began our 10 miles for the day! The terrain was pretty

easy today as we entered and walked through Baxter State Park! The hike was next to a beautiful river and falls for most of the day and we stopped for our last sunbutter and jelly sandwich lunch on the trail. The entire 10 miles took us only 3.5 hours, which was record speed! We made it to Katahdin Stream Campgrounds that had an awesome view of Katahdin in the early afternoon, so we had lots of time to sit in the sunshine all together before our last resupply!

Before we knew it, Kirstie came and surprised us all with our resupply mail, and best of all, pizza! We spent the night eating a lot and catching up with Kirstie about our trip. As we started to wind down, we made a game plan for tomorrow's big hike up Katahdin and got settled into our tents for the night as preparation for our very early wake up! After such an amazing trip, we were sad to be spending our last night in the tents!



## **July 12th**

Last day of trip!! We woke up this morning at 2:00 a.m. ready to finish off our trip. It was Logan's idea to sunrise hike Katahdin, and we were all extremely excited for it. We prepared our daypacks and filled up water bottles, and set off in our headlamps around 2:40 a.m. Katahdin's terrain is steep uphill below tree line for 3 miles until you hit a bouldering section. We made it to the tree line around 4:30 a.m. and waited below the tree line to watch the sunrise before continuing.

We hiked up the bouldering section while the sun was rising over the mountain and it was absolutely stunning. We had perfect weather as we hit the last two miles of the mountain. We summited Katahdin around 6:30 a.m. with smiles on our faces. We were so proud of ourselves! We spent about thirty minutes at the top of the mountain taking pictures and enjoying the perfect view of all we had accomplished these past 22 days.

Our hike down the mountain was brief because the girls were so speedy! We finished Katahdin in exactly 7 hours!

The rest of our day consisted of naps in the van back to Wavus, a quick dance party, highly anticipated burgers for lunch, and our entrance!! We had Swils dress up as Santa Claus and decorated the Jewell in Christmas décor. The campers were all wrapped up in wrapping paper in various places around the Jewell. When Swils asked what Izzy wanted for Christmas, we all burst out of the wrapping paper, throwing candy and fake snow. It was the perfect way to end our Maine Trails experience and we were so proud of ourselves for what we had accomplished.

## **Maine Trails II Appalachian Trail June 21st**

Day One of Maine Trails! After a heartfelt send-off from camp, we hit the road to start our journey. We sang songs and enjoyed lunch along the road before we said goodbye to pavement, motor transportation, and technology for a little while.

It was only a short hike (3 miles) to our beautiful campsite at Cooper Brook Falls. We enjoyed burgers with fresh veggies for dinner, appreciating our last "normal" meal before we were lulled to sleep by the sound of the waterfall, eager for what lay ahead.

## **June 22nd**

We woke up at 7:00 a.m. and ate Builder Bars before starting our first full day on the trail. The 7-mile hike flew by as we told the plots of our favorite movies to pass the time. Although the mosquitoes were out to play, we took a long sitting break along a tow road and soaked up the sunshine. Once we got to Antlers campsite, we swam in the surrounding lake and ate lunch! The rest of the day was spent journaling and appreciating the beauty around us.

## **June 23rd**

Today was our longest day of hiking. We began the 14-mile trek listening to Ellis recount the plot of one of her favorite books, *The Da Vinci Code*, entertaining us all. We stopped for lunch along a breezy bridge, and then continued on. Although the day was long, we had high spirits and celebrated our huge accomplishment when we arrived at Wadleigh Stream campsite, which was outfitted with the world's fanciest privy.

## **June 24th**

Although it was rainy when we woke up, the girls of MT II were excited

to climb the legendary Nesuntabunt Mountain, our first real summit. We enjoyed the view from the top before moving on, feeling proud that we had summited our first mountain before most people had woken up!

Afterwards, we continued to crush miles, stopping only twice – once at a bridge, which has quickly become a tradition of ours, and once at Rainbow Stream Lean-To, where we ate lunch. Then, Greta showed us her best tightrope walker impersonation as she balanced on a log while crossing a stream. Eventually, we arrived at Rainbow Stream Campsite, and called it a good day.

#### **June 25th**

It was still raining a bit in the morning, but we got on our way to hike the first few flat miles of our 11-mile day. We cruised through that stretch, then tackled our second mountain of the trip, Rainbow Ledges. We enjoyed a long break at the top, admiring a beautiful view of Katahdin. The girls really enjoyed hiking up a little waterfall to get to the top!

We pushed on to Abol Bridge, where we saw an even more magnificent view of the mountain and ate lunch and ice cream from a store along the AT. Our campsite was luxurious, with running water, and Jess and Cloey had a personal pizza photo shoot at dinner!

#### **June 26th**

We slept in a bit this morning, and then left behind the civilization of Abol Bridge to hike into Baxter State Park. We sped through the first six miles of the 10-mile day and conquered our first river crossing. Dana, the leader of the day, blazed a path over rocks and through thigh-deep water in her cros, but unfortunately took a dip in the river. Thankfully, her pack stayed

dry, and she laughed, enjoying the opportunity to cool off!

We took a lunch break at Big Niagara Falls, and spent some time talking and playing with the roar of the falls in the background. We then hiked our last four miles to Katahdin Stream campsite, our last stop before we finally took on the great mountain itself.

#### **June 27th**

Today, we tackled the tallest mountain in Maine! We woke up at 4:30 a.m., loaded our bags into the trailer, and had a quick Builder Bar breakfast before we hit the trailhead. The first couple miles were a steep incline in the trees, which soon gave way to a boulder field that was over a mile long. We carefully climbed our way over the rocks before enjoying a relatively gentle alpine plateau for the last stretch.

We reached the summit in less than four hours, which was impressive for the 5.2-mile climb. The 360-degree view of the Maine wilderness from the top was well worth the difficult ascent. We ate lunch and Milky Ways at the top, then made our way back down, and were driven down to Round Barn to begin the second leg of our trip.

#### **June 28th**

Today was a rainy hike back to the AT, but we were excited to be back on the trail! We left Round Barn at around 8:30 a.m. and hiked back to the AT via the Safford Notch Trail. It was a steep climb but led to the Bigelows! We summited Little Bigelow Mountain, and the rain subsided for a little while, allowing us to take a GORP break at the top. We were completely surrounded by a cloud, which was pretty cool.

Once we got to our campsite, we took shelter from the rain in our tents before enjoying a delicious, warm Thanksgiving dinner. Everyone went



around saying what they were thankful for, and Dana was particularly thankful for the cranberry sauce.

### **June 29th**

We slept in a little bit this morning and woke to the welcome sight of sun shining into our tents. After a quick breakfast of Builder Bars, we were off to conquer a short-but-steep day. We took a GORP break along Long Falls Dam Road, which serves as the 2000-mile-marker for Northbound thru-hikers. Pretty cool!

Sedona earned her "Core Queen" qual by planking for a minute with her pack on, and we saw an unbelievable number of pick-up trucks speeding by us. Then, we quickly finished the rest of our hike, arriving at West Carry Pond Lean-To just in time for lunch, allowing us to enjoy a nice relaxing afternoon.

### **June 30th**

Today was a chill day of hiking, consisting of 10 fairly flat miles. We stopped for a swim at a sandy beach we passed, then all swam again when we reached our campsite, Pearce Pond Lean-To. After swimming, we dried off and spent the afternoon playing cards and chatting in the lean-to, which we had all to ourselves for the first time!

### **July 1st**

The first day of July was quite the eventful day for the girls of MTII! We hiked a quick 3.5 miles in the morning before we were ferried across the Kennebec River. The guide let us play with his adorable puppy, Maggie, before we continued on our way.

The rest of the hike was a pretty quick 6 miles, and we arrived at Pleasant Pond Lean-To with plenty of time for another swim. The beachy area was beautiful, and the water was so clear that we almost felt clean afterwards. Almost.

### **July 2nd**

We started our day with a quick summit of Pleasant Pond Mountain and got to play with two adorable puppies at the top! The rest of our day was super chill. Charlotte filled the time by assigning everyone in the cabin various alter-egos in different TV shows and movies. We had a delicious dinner of rice and beans at our campsite, Bald Mountain Brook Lean-To, and then went to bed early to be rested for our hike the next day.

### **July 3rd**

Although an exciting thunderstorm thwarted our plan to sunrise-hike Moxie Bald Mountain, we welcomed the opportunity to sleep until the luxurious time of 7:30 a.m. this morning. We raced up the mountain, despite the heat and the buckets of sweat it induced. We were able to spend 3.5 hours on the summit. The 360 degree view was spectacular, and we stretched, ate lunch, and relaxed.

We then descended the mountain and chilled at our campsite, Moxie Bald Lean-To, until dinner, recounting some of our favorites stories from Wavus trips of yesteryear.

### **July 4th**

It was a hot 4th of July on the trail. We did 9 miles total today, and had a few river crossings, but it was relatively flat so with two weeks of hiking and light packs, we breezed through the morning mileage.

Then, for the final three miles of the day, everyone solo-hiked. We spread the cabin out with approximately 10 minutes between each hiker, allowing for some introspection!

### **July 5th**

Today was full of fun, excitement, and Wavus love. We hiked 9 miles in the morning to meet our resupply

driver, and then were taken to New England Whitewater campground where we exchanged our gear, ate delicious food, and read mail. Then, we showered in the bath house, which was well-earned after 15 days in the wilderness.

We were greeted by another Wavus cabin, Abenaki, who were also staying at NEWW, and shared stories from our respective trips. After a delicious dinner, we went on a moose safari, and saw two moose as we paddled around a pond. It was such a long and fun day that everyone fell fast asleep in the luxurious bunk beds in yurts we were treated to for the night.

### **July 6th**

We slept in this morning, and had a leisurely breakfast of pancakes, sausage, eggs, and home fries. We then distributed our newly resupplied food, and packed our bags for our final leg of trip. We said goodbye to our new friends in Abenaki, and got in the van to head back to the trail. Even though we had a great time resting in our yurts for the night, it felt good to get back in the wilderness.

We hiked 3 miles to Leeman Brook Lean-To, passing the "Hundred Mile Wilderness" sign on the way. When we got to the campsite, we ate our PB&Js, and Sedona grilled bagels on the whisper light. We had "social hour" after that, a new favorite time of ours, and all sat in a circle and talked before unpacking all of our stuff. Everyone was excited about the adventures to come in the last leg of trip, but sad that it was going by so quickly.

### **July 7th**

It was a beautiful day of hiking in the Hundred Mile Wilderness today. The cooler temperatures in the morning were a welcome change, and we

appreciated the pretty sights along the trail. Little Wilson Falls warranted a packs-off break, offering a backdrop for a cabin photo shoot. Ellis got especially fueled up as we snacked!

Then, we hiked on to ford a few streams, the last of which we stopped at for lunch. The sun was shining, and Jess took the opportunity to warm up her throwing arm, using the rocks on the bank of the stream. At our campsite, Wilson Valley Lean-To, we had social hour, a quick siesta, and then devoured some personal pizzas.

### **July 8th**

Day 18 was full of incredible views and serious hiking. The morning portion of the hike, which was approximately 5 miles, was relatively flat. We ran into an AT Ridge Runner named "Ed Beard" who talked to us about LNT and gave us cool pack tags. Then, we began ascending Barren Slide into the Barren Chairback Range. The hike was steep and challenging, but we stopped for lunch at the lookout spot on Barren Ledges. It was indescribably beautiful and motivated us to continue up to the Barren Mountain Summit, where we had more cool views from the fire tower at the top.

Our campsite, Cloud Pond Lean-To, was on the beautiful alpine ecosystem of Cloud Pond, and was a well-earned reward for our challenging 9.5-mile day.

### **July 9th**

Today was a shorter but more challenging day of hiking. We summited 3 mountains during our 7-mile hike. Fourth Mountain was steep going up, but we quickly made it to the top and moved onto Third mountain where we had a snack break and saw an incredible view. The last summit, Columbus Mountain, didn't

have a sign, so before we knew it, we had finished our hike and were at our campsite.

The day was definitely challenging, but everyone remarked how much stronger they felt by this day of the trip, making it totally doable. At our campsite, Chairback Gap Lean-To, Sedona gave everyone massages, and Greta ate her pepperoni and cheese sandwich with honey on it.

### **July 10th**

We started the morning off by summiting Chairback Mountain, a quick 0.6 miles from our campsite. We continued our trek out of the Barren Chairback Mountain Range, forded a river, and then gained some elevation to set us up for our hike the next day.

We set up camp at Carl A. Newhall Lean-To just as we began to hear thunder, but thankfully the storm missed us. Everyone relaxed in their tents after the 10-mile day, but we reconvened for dinner to enjoy a group favorite, burrito bowls.

### **July 11th**

It was the day we've all been waiting for: four peaks day! We got an early start, and quickly went up Gulf Hagas Mountain, followed right after by West Mountain. Both summits were pretty steep, but we powered through, and moved on to Hay Mountain, a more

gradual peak. Before we knew it, we were walking out of the woods to the beautiful clearing at the summit of White Cap Mountain, our fourth and final peak of the day.

The four mountains only took us 3 hours, which was super impressive. At the top of White Cap, we celebrated with Milky Ways, had an incredible view of Katahdin, and looked at all the miles we had accomplished.

Then, we walked down the mountain range, stopping for lunch and delicious clear water at Logan Brook Lean-To. We arrived at our campsite, East Branch Lean-To, feeling proud, and had pancakes for our last dinner.

### **July 12th**

It was our last day in the woods! The 4.5-mile hike included the summit of Little Boardman Mountain, but it flew by. We tried to hike as slowly as possible to savor our last steps on the AT, and even held hands for the last half mile as we hiked, crossing onto Kokajo Road, our pick-up location, together.

We had an energy battle before we got in the van, and then stopped at Chick-Fil-A for a delicious lunch before arriving at Wavus. Back at Wavus we had a graduation ceremony as we re-entered camp! It was an amazing end to an incredible trip.



## Trip Notes - Session 2

### Responsibility

#### Hog Island

July 29th

Today we woke up at Wavus and finished packing our boundary bags. During breakfast at camp we made a special announcement about leaving on trip. We packed up the van and drove to Bremen, jamming out to 92 Moose on the way there. Olivia J. and Elsa especially loved singing in the van.

Once we arrived, we played around on the beach and ate lunch until the Snowgoose came to boat us over to Hog Island. Martha found some cool animals and plants in the water.

At Hog Island, we set up our tents and got into bathing suits for an afternoon of exploring the beach. The girls looked for pretty shells, sea glass, and tiny crabs to play with. Phoebe and Rosie found tons of little crabs and made them a temporary habitat in a bucket.

Driftwood Drew, the environmental educator at Hog Island, showed us around the scientific lab where we held lobsters in the touch tank and looked at an osprey's feather under a microscope. Flavia enjoyed admiring the microscopic parts of the feather.

In the evening, the Respect cabin joined us on Hog Island after their afternoon on the Snowgoose. We all enjoyed a big pasta dinner then headed down to the beach to collect tons of firewood. We enjoyed a campfire on the beach and even got to roast marshmallows! After a tiring day filled with fun and adventure, we all went to bed in our cozy tents.

July 30th

This morning we woke up early and enjoyed a breakfast of M&M pancakes.



In total, the Respect and Responsibility cabins consumed over 70 pancakes! Chloe managed to eat 5 all by herself.

We packed up our camping gear and waited for the Snowgoose to arrive around 9:30 a.m. to pick us up. On the Snowgoose, we got to boat around, haul lobster traps, and go swimming! Paige especially liked hanging out with Captain Bill's puppy named Chilly. Even though the water felt very cold, Arden spent over 30 minutes swimming next to the boat! Emily and Julia courageously joined her in the water with lots of other cabin mates.

After a wonderful morning on the ocean, we returned to Bremen where we had lunch and explored the beach again. When our drivers arrived from Wavus, we piled in the van and headed to Jefferson Scoop for a post-trip ice cream treat!

We returned to Wavus and spent the afternoon unpacking and cleaning up from trip. In the evening, we celebrated Olivia L.'s and Mahate's birthdays with cupcakes, birthday hats, and an awesome dance party on the picnic tables! We all had so much fun on our trip to Hog Island.

Abby Heher, HBC

## **Respect**

### **Hog Island**

### **July 29th**

Respect woke up ready to have an adventure! After a yummy breakfast of monkey bread at Wavus, we packed all our gear into our van and headed off to Bremen.

We enjoyed lunch at the picnic tables near the boat landing, and Emma, Maia S, and Maddie instigated a game of Spoons while we waited for the Snowgoose, a lobster boat used by Kieve-Wavus. We all boarded the



boat and took our gear over to Hog Island where we left it for the day with Responsibility, the other JW cabin which was on trip.

The girls enjoyed a busy afternoon on the Snowgoose, all of them jumping off and swimming in the ocean. It was hard to get Shannon, Katie, and Grace out of the water, they were having so much fun!

In the evening, we made dinner and followed it up with s'moreos, or roasted marshmallows in between Oreos! Irene and Rose had never made them before, and greatly enjoyed the treats. We went to bed excited for what the next day would bring.

### **July 30th**

We woke up around 7:00 a.m. to pack up our gear and make delicious pancakes. The girls excelled at folding their sleeping pads and stuffing their sleeping bags, something that JW cabins usually need a little help with. Blake and Berkeley did a final sweep of the campsite before the entire cabin headed down to the beach with Driftwood Drew, the man who stays at Hog Island to teach the girls about it.

The girls spent the morning catching crabs and sand shrimp for the touch tank which they visited later. Maia D and Lyla, along with the other girls, held a lobster! Driftwood Drew showed us footage from the island's Osprey Cam, including that of an owl and eagle attack.

Respect swam in the ocean while waiting for the Snowgoose to return to take us back to Bremen. Ashby led the cabin in jumping off the pier.

We returned to Bremen for lunch and were on the road back to Wavus around 1:00. We made sure to make a quick stop at J-Scoop before we got back to camp. All around, it was an amazing

couple of days!

Gwen Viles & Katherine Jessup,  
HBCs

### **Courage Hog Island July 30th**

Today, Courage went to Hog Island! When we got to Bremen, we sat down with the Kindness cabin and had a yummy lunch with sunbutter and jelly. Right after that, we played "The West Wind Blows" to get to know the other cabin. Of course, Tori already knew some of them because her sister is in that cabin. Soon, we were joined by Driftwood Drew. He took a motorboat over to the island while the rest of us piled onto the Snowgoose.

When we got to the island, Driftwood went over the practices of LNT or Leave No Trace. It was very interesting. Rosie described it quite eloquently, "Take only pictures and leave only footprints."

After that, we went swimming in the ocean. Alexis and Wes were the first two girls in the water. There was even a high dock that people could jump off. Almost all the girls jumped in, including Cecilia and Finley. Right after, we went to the lab where we saw lots of lobsters and crabs in a fish tank. Driftwood Drew let the girls pick them up.

For dinner, we had pizzadillas, which is like a quesadilla except there's pizza ingredients inside. Julia loved them! It was so delicious. We used our LNT practices to clean up after ourselves when we were done eating. Then, we collected firewood and had a beautiful fire on the beach with smores!

### **July 31st**

Today, we woke up and learned how to take down our tents. After



that, we had bagels with cream cheese, sunbutter, or jelly. Mae declared herself queen as she ate her bagel.

Kirstie showed up with a videographer and joined us on the Snowgoose! Captain Bill showed us so many cool things including lobster traps. Lydia and Lauren knew all about that because their families work with lobsters a lot. Captain Bill stopped the boat and let us jump off the roof. So many people jumped off and other people like Byers and Maddie took a dip in the ocean. While we were on the boat, we saw so many cool sights like seals, birds, and fish, which Anya and Evelyn loved.

Then we picked up the Kindness cabin and went back to Bremen. We ate sandwiches with turkey and cheese. Lindy and Megan Taft came to pick us up and we went straight to J-Scoop, where we all ate a bunch of ice cream before heading back to Wavus!

Diamond Stevens, HBC

## **Kindness Hog Island July 30th**

Today the girls of Kindness woke up excited to go on an adventure to Hog Island. Before eating a delicious breakfast surrounded by planets because it was space day, we headed out to Bremen. Once there, we played some games to get to know our Courage companions. Later, after having a quick lunch, Captain Bill and Megan picked up us and we got on the Snowgoose.

During the boat ride, Captain Bill explained about the lobsters and the different animals that live on the islands. Afterwards, we stopped in the middle of the ocean and we got to jump from the roof of the boat. Emily, Sloane and Winnie were the first ones

to jump from the boat, but later, Josie, Teagan and most of the cabin joined them to jump all together. Carlota was a little nervous, but she built up the courage to jump!

Finally, we headed to Hog Island. We settled in and started exploring the shore. Rachel and Berit headed the expedition while Emma and Allegra enjoyed swimming in the water and playing with seaweed.

We ended the day with a campfire in the beach where we eat delicious s'mores that Sadie and the counselors prepared for us.

### **July 31st**

The next morning, we woke up in our tents with the sunlight, an amazing day was waiting for us! After we took down our tents, we ate bagels for breakfast.

Once we finished cleaning and packing, we waited for an epic excursion around the island. For the occasion, Eda and Tatum braided the hair of all the girls in the cabin. Afterwards, we met Drew and we started the adventure. During the hike, we saw many interesting things. Madeleine couldn't stop taking pictures of everything! Also, during our excursion, Drew explained us the main rules of LNT and we applied them during the hike. Georgia encouraged us to pick up all the pieces of trash that we could to leave the place better than we found it.

After our adventurous morning, we headed back to Bremen where we loaded the vans and we ate a filling lunch. We finished off our trip by surprising the girls with J-Scoop ice cream on the way back to camp! It was the perfect ending for an amazing trip!

Marina Romero Gros, HBC



## **Algonquin I**

### **Hog Island**

#### **July 25th**

Our day began on a happy note at Wavus with Wavus Wonka Day and we were greeted with some candy at breakfast! However, we ate quickly and packed our trailer because we could not wait to get to Hog Island! We arrived in Bremen around 10:30 a.m. where we met Driftwood Drew, our Hog Island guide, and Captain Bill, from the Snowgoose, who was going to boat us over to the island.

We had very foggy and chilly weather so once on Hog Island we got a lesson on the importance of layering clothes to keep us warm. Driftwood Drew came around to teach us a bit about Leave No Trace principles and about some of the Hog Island quals we could earn. We then set up our tents and unpacked our campsite before our lunch of cold cuts.

We had a brief rest hour after lunch in hopes of waiting out the rain, and then Driftwood Drew took us on a one-mile nature walk around the island. Maggie helped point out a lot of exciting plants and spider webs to the group and asked Drew many interesting questions about the environment. At one point on our walk, Marissa and Hannah led the group in some fairy house building along the side of the trail, where the cabin tried to replicate some of the buildings around Wavus.

After our walk, the weather started clearing up a bit so Kendahl and Leila led the group in hide and seek tag all around Hog until dinner time. For dinner, we had chicken and cheese quesadillas with salsa, sour cream and avocado!

After our delicious meal, we had a quick lesson on cleaning our dishes in

an LNT friendly way and then settled into circle time for rose, bud, thorn and some Oreos before bed. After our long and exciting day, we all settled into our tents for a nice sleep!

#### **July 26th**

We woke up around 7:30 a.m. after a long sleep and learned how to take down our campsites! We had a cabin talk about what sleeping in a tent was like because it was the first time for a lot of the girls. For breakfast, we made pancakes with blueberries and S&Ms. Kat took a cooking role and helped drop the S&Ms into the pancakes when they were ready to be flipped! The pancakes turned out to be delicious and we happily ate them all!

After breakfast, we took some time with Driftwood Drew in the Hog Island lab to play with some animals in the touch tank and learn some facts about Maine. Ruby had so much fun with the touch tank and tried to pick up as many crabs and lobsters as she could! We learned some fun facts about the animals all around the lab and watched a few videos about Hog Island's resident osprey.

After the lab, Captain Bill came back around to pick us up and took us back to Bremen. Sophia and Zoe led the cabin in some fun group games like Zoo and Mafia until our lunch of cold cuts. Shortly after lunch we packed our van and said goodbye to Hog Island and Bremen. Sarah Wilson, HBC

## **Algonquin I**

### **Camden Hills**

#### **August 1st**

We got an early start this morning and finished packing before we began our trip! After our final Wavus breakfast, we hit the road to Camden!

We arrived at Camden Hills State



Park around 11:00 a.m. and started to set up camp. We learned how to properly put up tents and got settled in. We had turkey and cheese sandwiches for lunch which gave us some energy before we left for our first day hike!

We had a short drive to the Maiden Cliffs trail where a sign informed us that our total hike up was one mile! The cabin hiked quickly up the trail as it only took the group 30 minutes to get to the top! The weather was perfect and sunny, making our viewpoint even more spectacular. Marissa encouraged the cabin to take in the beautiful view that we had and appreciate the moment. After about thirty minutes at the top of the mountain and having a snack we worked our way back down the steep, rocky hike.

Our next stop for the day was the beach! We headed to the Lincolnville Beach around 3:00 p.m. and took in the last bit of lovely weather for the day. We set up with our crazy creeks and beach towels and enjoyed the sunshine and sand! Maggie, Hannah, Ruby, and Kendahl were brave enough to play around in the freezing Maine ocean for a while before we had to go!

We left the beach because we started getting hungry, so we went back to the campsite and had a brief rest hour until dinner was ready. Dinner was chicken parm sandwiches that turned out delicious and we decided to make a campfire before bed. We had dessert and played rose, bud, thorn around the fire until it was time for bed! We went to bed happily knowing that we had another full day of fun ahead of us!

### **August 2nd**

This morning we had a late wake up to prepare ourselves for a big day of hiking! We slowly rolled out of bed and got ready for the day before having

a breakfast of bagels and cream cheese with blueberries! Eagerly we hopped in the van for our quick drive to the trail head of Megunticook Mountain!

The trail up to the first stop of the day was called the Megunticook Trail, and it was a 1.4 mile hike to a great viewpoint called Ocean's Lookout. Kat and Leila led the way up the steep trail in the front of the group! At Ocean's Lookout, we had sweeping views of the ocean and all the sailboats below! We had perfect sunny weather and had granola bar snacks in the sunshine.

After enjoying the lookout spot, we decided to continue to the summit of the mountain. It was another 0.5 miles up to the summit and we were so proud when we got there! We took a few pictures in front of the sign but didn't stay long as we wanted to return to the other lookout spot for more time with the beautiful view. We walked back the 0.5 miles and sat for a surprise snack of Oreos! After our midday dessert and another thirty minutes at the lookout point we quickly made it down the rest of the mountain.

Around 2:00 p.m. we hopped in the van again and went back to Lincolnville Beach. Today it was extremely sunny and beautiful, so we spent hours basking in the sun and swimming in the ocean. It felt so nice after our long morning of hiking to relax and have lunch on the sandy beach. Zoe and Sophia even led the group in a sandcastle building contest to keep the beach day going!

After nearly three hours at the beach, we decided it was time to head back. We stopped for another surprise treat of raspberry popsicles and then went back to the campsite for the evening. We decided to move our dinner spot away from the campsite and go to a

better viewpoint down the path at the state park. Everyone played games of tag and zoo on the grass as dinner was being made, then we ate our pesto pasta while watching the sunset!

After dark, we made a great fire and had delicious s'mores before bed! Today was a day full of treats and sunshine so we went to bed happily looking forward to the next day.

### **August 3rd**

Today on trip, the counselors decided that everything we did as a cabin was going to be a mystery! We woke up at 4:45 a.m. and hopped in the car which led us up the auto road for Mount Battie! We got to the top of Mount Battie just in time to watch the sunrise over the Maine coastline. Marissa and Kat decided it was one of the most stunning views they had ever seen! We made our way back down the mountain after 30 minutes of taking in the view and went back to our campsite.

After a nap and breakfast, we had a surprise hike! It was beautiful weather as we hiked up Bald Rock Mountain. At the top was a sweeping view of the Maine ocean. The 1.8 miles up only took our group 45 minutes, which was so impressive! Leila and Sophia encouraged the cabin to have a photo shoot at the top of the mountain before we hiked back down.

Once at the base of the trail, we got back in the van and drove to our next mystery location, a farm! We all stepped out of the van and were greeted by several cows! We watched the animals graze for a while and listened to Kendahl tell us some farm animal facts before we decided we were ready for our next mystery.

Our next spot was a beautiful lunch spot on a beach in Rockland. Hannah and Maggie walked around the beach

and did a little shell collecting before we circled up and had our sunbutter and jelly sandwiches as we discussed our favorite parts of our trip.

Our final mystery of the day was J-scoop, which Ruby and Zoe had been looking forward to the whole trip! We enjoyed our ice cream in the sunshine before heading back to camp after our fun trip!!

Sarah Wilson, HBC

## **Algonquin II**

### **Hog Island**

#### **July 23rd**

It was bit of a foggy day as we arose at Wavus buzzing with excitement about our primer trip. We woke and did the finishing touches on our packing and headed down to the sunscape. After a delicious breakfast of pancakes and breakfast sausages, we declared to the camp during announcements that "the Dos" was "out". We headed down the hill and loaded the trailer with all our bags and group gear and headed to Bremen.

Unfortunately, the fog was very thick and took away our visibility completely, so we were unable to "Funyak" across, but our spirits were lifted quickly when we learned we would be back on the Snowgoose with Captain Bill, Meghan and Blizzard the dog!

After a very short boat ride across to Hog Island, we tumbled out and met with Driftwood Drew to discuss Leave No Trace principles, learn about Hog Island's Wildlife, The Audubon Society, and hear about the various "Island Qualls" we could earn. Once Drew's spiel was over, we proceeded to set up our campsite and reviewed all the parts of the tents as well as keeping a clean and safe site.

Then we ran over to the picnic tables to enjoy some grilled cheese

with bacon and avocado and tomato soup for lunch as well as our resupply brownies that Hayden had won in the auction, yum!

With full bellies we hit the trail with Drew for an educational and action filled nature walk/hike. We stopped and got completely involved in building fairy houses and forts in the woods. Ella, Ellie, and Charlotte got really into them and started recreating Wavus landmarks with sticks and bark. Meanwhile Alice and Rae constructed a fort big enough for all 11 of the campers to fit into, which earned us some sweet qual points! The rest of the girls explored around the rocks and enjoyed the beautiful views of the ocean.

We trekked back and got our bathing suits on to go swimming and a few girls played at the beach building in the mud and sand. Meri Rose was, of course, the first to run down the dock and leap into the freezing water, closely followed by Nat, Annie, Phoebe, Amelia, and the rest of the girls. We all jumped and played until it was time to get warm and dry and have some chicken quesadillas with salsa and avocado.

After the dishes were spearheaded by Ella and Nat, we went hunting for firewood and built an awesome fire to roast marshmallows on and enjoyed some s'mores before bed!

#### **July 24th**

We woke up to a feast of chocolate chip and blueberry pancakes and fruit already laid out for us. We gobbled them down after breaking down camp and scurried about Hog Island, eventually organizing a full talent show including songs, dance, and improv shows. Soon after this, Drew gathered the group to go into the lab to watch osprey footage and play in the touch tanks, learning and holding various

lobsters, crabs, and animal skulls.

After all the exciting educational activities, we once again were in the midst of thick fog and loaded on the Snowgoose for our ride back to Bremen. We ran into Cherokee as they were headed to Hog for their primer trip and decided, since it was early, to travel to Damariscotta for a picnic on the coast, before heading back to Wavus. Since we were already over in that part of town, we decided to swing by Round Top after lunch for delicious homemade ice cream, and then jammed to Disney classics all the way back to Wavus! Exhausted and happy after a fun filled adventure on Hog Island.

Caitlin Wood, HBC

## **Algonquin II**

### **Camden Hills**

#### **July 29th**

After having such a successful primer to Hog Island, we were all so excited for our big trip to Camden Hills. We loaded the vans on a beautiful Sunday morning, and the energy was instantly high as we jammed out to all our favorite songs. We surprised the girls with a quick stop at Dunkin Donut's where we picked up an order of 'Munchkins' to start the trip off strong!

After a quick drive to Camden Hills, we set up camp and dined on a quick lunch of pitas with favorite toppings such as sunbutter and turkey. We were then very fueled up for our half-day hike up Maiden Cliff, which the girls completed quickly and happily! The stunning views were a wonderful reward, and Amelia had her deck of cards ready for a quick game at the top.

We then returned to the campsite for a delicious dinner of personal pizzas,



followed by a fire and s'mores. The girls surprised us after dinner with a talent show! Annie and Meri Rose's entertaining baby act was a hit, along with Ella and Phoebe's joint dance. Who knew we had so much talent in "The Dos!" We all fell asleep quickly after a big day, ready for day two of our adventure!

### **July 30th**

Day two began with a solid breakfast of bagels and blueberries, as we prepared for another hike, this time up Bald Mountain! The girls made it up in record time, with Charlotte enthusiastically leading the way and telling us all about her favorite movies. After relaxing for a bit at the top, we all raced down the mountain loop so we could return to the campsite for lunch!

We enjoyed a hearty lunch of mac 'n cheese topped with a yummy goldfish crumble. We all then put on our bathing suits and headed out to the Lincolnville Beach. It was another hot and sunny day, so a beach trip was much needed after a sweaty hike. We all loved playing on the beach, climbing on the rocks, and we don't think that Nathalie got out of the ocean once! Ellie and Rae were the sandcastle queens and it was inspiring to see their creativity.

Sun-kissed and worn out, we returned to the campsite for a hearty dinner of chicken parmesan sandwiches, which was Alice's first time having one! We also enjoyed a favorite: scrambled brownies for dessert. It was another memorable day for the girls of The Dos!

### **July 31st**

We woke up eager and ready to conquer the third and final day of trip. After a final meal at our campsite of breakfast sandwiches with sausage,

egg, and cheese, we quickly packed up the site for our big hike up Mount Megunticook.

The girls proved themselves to be expert hikers at this point, making it up the mountain in record time! Once we reached the top, Hayden helped us all to take a moment of silence and appreciate the beauty of the nature around us! We enjoyed a picnic lunch of pepperoni, cheese, and sun butter wraps at the top of the mountain, along with some Rice Krispy treats as a summitting treat.

We took advantage of every moment atop Megunticook before heading down to the van. Every Wavus girl knows that no trip is complete without a stop at J-Scoop, so we ended our trip with some much-deserved ice cream. We are so proud of each of the girls and so grateful for such wonderful weather and a safe and happy trip!

Caitlin Wood, HBC

## **Mohawk**

### **Damariscotta Lake**

### **July 24th**

After an early departure we made our way to Kieve. We unloaded the van and loaded the canoes into the water. The water was warm and there was a light wind which helped push us along. Once we got to Cool Island, the girls set up camp and Eliza, Lindsay, Gwyneth and Winnie helped start and build a fire.

After a couple of hours of exploring the island, the girls decided to make fairy houses. Peyton, Caroline, Clara, Molly, and Scarlett won the fairy house contest.

For dinner we had a pasta bar, which the girls LOVED. Before bed we had a quick swim and enjoying some stories telling around the fire. Ava shared

some stories from her adventures. After a fun-filled night, we went to bed, excited and nervous to sleep in our tents.

### **July 25th**

We woke early and started packing right away so we could make it to Kieve for some rock climbing. The girls learned how to properly take down tents, roll up their sleeping bags and sleeping pads. There was some light rain on the paddle back, but that didn't dampen Mohawk's spirits!

We made it back to Kieve with much more arm muscles than we came with. Anna, Bea, and Lindsay were incredible in help lifting canoes out of the water and pulling them up on land, then bringing them close to the canoe trailer. The grit these ladies showed the whole trip makes me incredibly excited for our trip to Mt. Blue!

Casey Walsh, HBC

## **Mohawk**

### **Mt. Blue State Park**

#### **August 1st**

Excitement was in the air as Mohawk prepared to leave on their trip to Mt. Blue State Park in Weld, Maine. After a nice breakfast at Wavus, the van was loaded up and we began the two-hour drive around 9:30 a.m. After a brief detour through some construction, we arrived at our campsite around noon.

We were camping at Webb Lake. The campsite had a nice rain shelter for our gear as well as a sandy beach leading out into Webb Lake. After the girls hauled all our gear to the campsite, they all worked together to pitch their tents. Working swiftly, camp was erected, and the girls were ready for lunch of quesadillas.

After everyone had eaten, we decided that the time was right to set out on

our first hike. A short drive brought us to the trailhead of Bald Mountain, which was about two miles round trip. The steep climb to the top offers a panoramic view of the surrounding mountains. Some of the girls were a bit nervous, as this was one of their first hikes. However, Bea and Molly's positive attitudes kept spirits high as we climbed.

As we summited, all the girls were excited and proud. Nerves were replaced with a sense of pride and accomplishment. As we took some time to take in the view, a couple of girls discovered some wild blueberries. Caroline picked an entire handful to fuel herself for the hike back down! After a twenty-minute break, we began to make our way down the mountain. We made it back to our vans just as some rain began to fall.

Back at camp, we set about making dinner. Everyone was excited about the delicious personal pizzas that we made. Each pizza had red sauce and cheese, and then each girl got to pick toppings such as pepperoni and bacon. They were a big hit! Paige's enthusiasm for dinner was evident as she made sure that everyone's pizzas were piled high with their desired toppings. Soon after dinner, it was time to say goodnight. We had another exciting day ahead of us!

#### **August 2nd**

Although it had rained overnight, the morning was clear. This was good, as everyone was excited to climb Tumbledown Mountain! After a quick breakfast, we headed to the trailhead. We had decided on the Brook Trail to ascend the mountain. Our trail map boasted that this was the, "safest and most reliable" route to the top! We set out with high spirits.

The Wavus woman inside each Mohawk girl shined through on our hike. Winnie's stellar attitude kept each person motivated to reach the top. Anna was supportive to all hikers, even the ones that were not part of our cabin. Each girl demonstrated that she had the drive to push through aching legs and sore feet to reach the top. Mohawk's climb of Tumbledown Mountain was

a good reminder that it's not about what's at the top, but rather those who are around you as you climb.

Before the final summit push, we stopped at the lake that is atop the mountain. Once again, the girls delighted in finding wild blueberries to munch on. Clara was one of the fastest blueberry pickers.

After our break, we continued onto



the top. The girls enjoyed scampering up the rocks. After about twenty minutes, we finally summited! The elation was palpable. We took our time taking pictures and enjoying our accomplishment. Spirits were high as we headed back to the lake for a late lunch.

A small group of hikers lost track of the blue trail markers. Although they were unsure of where they had lost the trail, they worked together to find their way back. Scarlett took the lead position, and successfully scouted the blue markers to get the group back on course. Even though it was a bit nerve-racking, the teamwork the group demonstrated was remarkable.

Following our lunch, the girls took a swim in the lake. They swam out to an island in the middle and climbed on. They decided to name the island "Blueberry and Inchworm Island." Apparently, there were a lot of blueberries and inchworms. Our lake time lasted about an hour, after which we decided to begin our climb down.

We went back to camp for dinner after our climb down. Tonight's dinner was burrito bowls. Once again, everyone enjoyed the personal nature of our dinner. All the girls were a great help cleaning up our dinner dishes. We had a campfire, complete with s'mores! Eliza was a great help keep the fire alive and perfect for toasting marshmallows! Gwyneth and Ava had a penchant for learning about Leave No Trace. They had a particularly fun time brushing their teeth and making sure to even spray their spit! After everyone's stomach was full, we all turned in for some much-deserved rest.

### **August 3rd**

We woke up and made hearty breakfast sandwiches. It was then time

to pack up our camp. Although we all had so much fun, it was time to return to Wavus! Lindsay was so thoughtful and helpful, offering to carry things or pack something that wasn't hers. Although the fun was winding down, it was still not over. We had a "mystery van" day, where the girls only knew what they needed in their daypacks, but not where we were going. Peyton had a lot of fun trying to guess each stop on our tour!

The first stop was Center Hill overlook. While we were there, we did a nature trail. The nature trail was perfect, as the girls were still sore from climbing Tumbledown yesterday. The trail provided spectacular views of Mt. Blue and the surrounding area. There was also a pamphlet that provided fun information about the geographical features of the surrounding area.

Our second stop was a lunch stop in Wayne, Maine. This charming town offered us a lovely park by the water to sit and eat our sunbutter and jelly sandwiches. The girls enjoyed the peace and scenery that the park offered. After lunch, we spent some time enjoying each other's company, talking and playing some games. We soon boarded the van again.

Our final stop before Wavus was J-Scoop. The girls each thoroughly enjoyed their ice cream. It was well deserved as their attitudes and high spirits made this trip a memorable one. The hot summer afternoon was fading into early evening, and everyone was tired. Contentment and pride were abounding as each girl realized that she had it within herself to do whatever she put her mind to.

Casey Walsh, HBC

## **Cheyenne**

### **Damariscotta Lake/Cool Island**

**July 23rd**

We woke up to a bit of a foggy morning, but the girls of Cheyenne were ready and excited for Cool Island! After a hearty breakfast, the girls picked up their paddles, life jackets, and helped to load the gear.

Arriving at Kieve around 11:00 a.m., we quickly unloaded the canoes at Harriet House. For many of the girls, this was their first time canoeing so the counselors gave them an introduction to the parts of a canoe and the strokes before heading out onto Damariscotta Lake. The girls were very excited and eager to learn about canoes, and all through the trip kept asking questions and were incredibly helpful with carrying the canoes.

Once on Cool Island, the girls learned their tent groups and quickly set up their tents and sleeping bags. After, we had lunch of FPB&Jelly sandwiches (Wow Butter) with some fruit followed with a much needed rest hour. The girls spent the afternoon exploring the island, building fairy houses, and playing. Cam explained to the girls how to properly use the water filter and helped them refill their water bottles. Although the day was generally cloudy, the girls still made the best of it. We had burgers for dinner, and s'mores for dessert!

**July 24th**

We woke up at 7:00 a.m. to get ready for the day, pack up our tents and clear the campsite before breakfast. Once everything was pretty much packed, we had granola and cereal with berries for breakfast, and headed back to Kieve.

We met up with Rob Reilly, the ropes director, who welcomed us and took us

to the rope swing. The girls were super excited to jump in the water, and some girls who didn't bring their swimsuit even jumped with their clothes on! Even though it was a bit chilly, the girls had a blast, and enjoyed the water.

We headed back to Harriet House to have lunch and played some games while we waited to be picked up. On our way to camp, we stopped at J Scoop to celebrate a successful primer!

Valeria Gonzalez, HBC

## **Cheyenne**

### **Mount Blue State Park**

**July 29th**

We left Wavus right after breakfast, ready to start our adventure. We drove for about two hours, and finally arrived at our destination. Our campsite was incredibly beautiful! It was a private area for groups, so we had a lot space to play around and enjoy the views. We unpacked, put up our tents and had bagels with cream cheese and blueberries for lunch.

Then the girls changed into their bathing suits and headed for a swim at the beach! Maddie organized the girls, and they performed a synchronized swimming routine. We enjoyed a nice and relaxed afternoon having fun in the water. The girls were excited about having so much space to explore, so Amelia and Greta organized the rest of the girls to play and look for natural elements to build an amazing fairy house!

For dinner we had a pasta bar with tomato and pesto sauce. We cleaned our dishes and headed to the Nature Center near our camping site, where there was an owl calling happening that night. The girls learned about the different types of owls around Maine, their physical appearance and their



habits. We headed outside, and the guide used a recording of an owl's howl; it was a special type of call to make them come close to our location. Even though we didn't get to see any owls coming after the calling, we did get to hear them after a while, and the girls loved the experience. After a fun day, we went back to our campsite to prepare for our next big day!

### **July 30th**

We woke up early to an amazing view of the lake, ready to take on the day. After a breakfast of granola and cereal with berries, we cleaned our dishes and headed to Tumbledown Mountain. We started off on our hike around 9:00 a.m. with a lot of excitement, and we were lucky enough to have sunny weather.

The hike began with a soft incline, but as we kept going, we reached some boulders and the terrain became steep. Even though there were some challenging moments, the girls never gave up! Victoria spent a long time leading the group and helped motivate the girls to keep going. The girls faced especially hard parts by supporting each other and giving it their all. Ainsley and Natalie helped keep the hiking pace and led with a positive attitude. The girls did amazing during our hike. We had a lot of fun singing some songs along the way, and we finally reached our destination after just 90 minutes!

Once at the top, we looked for a comfortable spot to rest where the girls could swim. At the top of Tumbledown Mountain there is an incredible view and a beautiful lake, and the girls were dying to dive in. When the girls started to get hungry, we had avocado, turkey and cheese sandwiches for lunch, and Oreos for dessert. After playing some

games, and filling up our water bottles, we headed down the mountain and back to our campsite.

While we were cooking dinner, Hayes arrived to join in the fun! Morgan, Grace and Caroline helped her catch up with the day's activities and got her excited for the next day. While we prepared dinner, the four of them organized some games to play with the girls while they waited. The girls made their own pizza and had s'mores for dinner!

### **July 31st**

The morning of our last day we woke up to a beautiful morning with clear skies. The girls packed up their tents and gear before they enjoyed S&M and blueberry pancakes for breakfast. Eliza and Clara were incredibly helpful cleaning and washing plates and gear.

We loaded everything in the van and headed to Angel Falls for a short hike which we ended up not doing due to the drive back to Wavus. On our way back, we found a beautiful spot to have lunch, with the view of some small waterfalls and a river. The girls enjoyed wow butter & jelly sandwiches with apples, before heading back to camp. Cece gave an inspiring speech about how wonderful it is to have the chance to go on a camping trip. It was a great and sweet way to finalize our trip, before making a quick stop at J Scoop! Valeria González HBC

## **Cayuga Hog Island July 21st**

It was a beautiful day to be outside, so we set off in a van to Bremen Landing on Muscongus Bay, about a half an hour from camp. There, we had lunch and went on a nature walk

led by our Audubon guide, Driftwood Drew, before grabbing sea kayaks and heading to Hog Island.

The paddle over was beautiful, and when we arrived we set up camp before putting on our swimsuits. The ocean water was much colder than Damariscotta Lake, but we swam for about an hour!

The campers then performed a talent show for the counselors as they waited for dinner to be cooked, which was enjoyed while watching an incredible sunset.

### **July 22nd**

We woke up early, and everyone packed up camp and headed over to the picnic tables for breakfast. After a feast of delicious M&M pancakes, we explored the nature lab on Hog Island, which included videos of osprey that live there named Rachel and Steve.

Then, we kayaked back to Bremen and had lunch under cover, away from the rain, before we headed back to camp, excited for our longer trip!

Molly Tucker, HBC

## **Cayuga**

### **White Mountains**

#### **July 25th**

Today we piled into the van and were driven to Barnes Field Campsite in the White Mountains National Forest in New Hampshire by our new friend, Kim. Liv gave us her best Broadway performance on the way, and before we knew it, we were in a different state.

At the campsite, we set up our tents just as some rain came in, and then had a delicious dinner of chicken or veggie parm sandwiches. Lulu was so excited to start hiking the next day!

#### **July 26th**

We woke up excited and fueled ourselves with Honey Bunches of Oats before driving to Pinkham Notch.

There, we explored the visitor's center and the topographical replica of Mt. Washington. Then, we went to Glen Ellis Falls, and hiked the Glen Boulder Trail. It was a beautiful hike, with a bunch of scenic waterfalls. Betsy claimed it was the coolest thing she had ever done!

We had lunch at the bottom and then drove back to camp as the rain came in. Ava D. was super excited to play in the rain. Later, Evelyn and Carly showed off their handstand skills, and we went to have s'mores with a fellow Kieve cabin.

#### **July 27th**

The sun was shining as we woke up on the third day of trip! After a leisurely breakfast during which Addison discovered she did, in fact, like oatmeal, we headed off to our hike.

Lucy kept track of which state we were in as we zig-zagged across the Maine/New Hampshire border. Before we knew it, we were hiking on a beautiful trail to Emerald Pools. The fresh swimming hole was so clear and cold! Aria was the first to jump in and encouraged all of her cabin mates to follow. We laughed at and took pictures of everyone's faces as they jumped off the giant rock at the top, capturing the joy and exhilaration as they leaped into the deep pool. Emma faced her fear by jumping from the cliff.

After lunch, we went back to Pinkham Notch to check the weather for the next two days, and then headed back to our campsite for a delicious pizza dinner.

#### **July 28th**

Today we slept a little later and enjoyed a group favorite of M&M pancakes for breakfast. We then headed to the Imp Trail for a hike. It was a beautiful trail, and we enjoyed lunch along the bank of a pretty stream.



Ava L and McKenna showed great teamwork by sharing a backpack up and down the trail!

We spent the rest of the day playing in the woods by our campsite and went to bed early so we would be rested for our big day tomorrow!

### **July 29th**

It was an early wake-up call for the girls of Cayuga on our final day of the trip. We quickly packed up our campsite in the dark, and then drove to Pinkham Notch, where the trailhead for Mt. Washington is located, for a final time. Unfortunately, Emily's ankle was causing her too much pain, so she was unable to climb with us, but we knew that we would see her at the top, and that motivated us!

The beginning of the climb was a detour up a ski trail, for the regular trail of Tuckerman's Ravine was closed for construction. Before long, we were at the ranger's station, signaling that we were 1.8 miles from the summit. Then, we began climbing up Tuckerman's Ravine trail which involved bouldering up next to a beautiful waterfall. We got a little extra bouldering practice for fun, and then arrived at the top of the ravine. The view was so cool, for we could see all we had already climbed. The last 0.8 miles of the trail involved more bouldering, and we were completely in a cloud.

At the top, we saw cars that had driven up the auto road and went into the lodge for lunch! After taking our picture with the sign, we began descending the mountain, proud of what we had accomplished and excited to be back to warmer temperatures.

On our way back to camp, we stopped at Chipotle for dinner and J-scoop for dessert!

Molly Tucker, HBC

## **Cherokee Hog Island July 24th**

We started our Hog Island adventure after breakfast at Wavus and drove to Bremen, Maine. We were greeted by Driftwood Drew, the Hog Island tour guide, and took the Snowgoose (a lobster boat) over to the Island. Normally the girls would kayak, but on this particular morning the fog was so thick that we could not see anything over the water. On the boat, the girls got to pet and play with an old Irish Setter named Blizzard! The ten-minute ride was short, but got the girls excited to explore the island.

Upon our arrival, the girls carried both their own duffel bags and the group gear over to our campsite before Driftwood Drew sat us in a circle for a brief discussion about Hog Island. We played a name game and then talked about the importance of LNT (Leave No Trace) and how we can both enjoy the island and respect it! After learning about LNT principles and all the neat hikes Hog Island offered, we headed over to a few picnic tables and set up our lunch: sunbutter and jelly sandwiches - yum! We snacked on carrots and hummus, apples and granola bars post lunch.

Once our bellies were full, the girls began to set up their tents and get their sleeping areas all set up with pads and bags. After tents were up and the campsite was bombproof, Driftwood Drew took us on a guided hike!

The girls walked around Hog Island and jumped on moss, looked at "fairy houses" and even picked up litter that they found on the trail! Drew pointed out different kinds of trees and plants, and we even got to see wild turkeys! During the hike, Drew stopped to point

out rabbit poop...and then ate some! He terrified the girls before admitting that he had planted a few raisins on the hike before we came. The girls also used magnifying glasses to get closer looks at spider webs and small beetles.

After the hike, the girls went to a "mud pond" where they were able to swim and play around in mud before jumping off the dock into the ocean to wash off! The mud smelled funny, but the girls didn't mind.

Once the girls were dried off and clean, we started making pizza for dinner. Then, we ended our busy day with a campfire and s'mores!

#### **July 25th**

The next morning, the counselors woke up early to decorate the campsite to celebrate Cara's eleventh birthday!! There were balloons, presents, party hats and "happy birthday" signs. Once the girls were up, they took down their tents and packed their bags before walking to breakfast...where they discovered the birthday surprise and S&M pancakes freshly made for them! We sang "Happy Birthday" and munched on some pancakes.

Once the girls finished and cleaned up, Drew took us on one last adventure to the Hog Island museum, where girls were able to pick up live lobsters and crabs. It was just as foggy today, so the girls took the Snowgoose back to Bremen (this time with a black labrador puppy named Blitz!) and then we said our goodbyes to Drew.

We had some extra time till our return to Wavus, so we drove to Pemaquid Point Lighthouse and made some burrito bowls there! The girls enjoyed their lunch and were able to climb on some rocks, look at the lighthouse and watch the ocean waves in the fog. On our van ride home, we

enjoyed treats-- a yummy treat to end a wonderful trip!

Tsipora Hacker, HBC

## **Cherokee**

### **White Mountains**

#### **July 30th**

We started our White Mountains adventure after breakfast at Wavus, finishing last-minute packing. The girls were enthusiastic for our 2.5 hour drive, as they had bags of GORP to snack on and good music to sing along with.

When we arrived at the Barnes Field campsite in Dolly Copp, the girls set up their tents, sleeping pads and sleeping bags before having salads for lunch. The girls were really eager to begin exploring, so we went to Glen Ellis Falls for a short hike and beautiful views!

The girls hiked to a beautiful waterfall and begged to swim or at least jump in the water. The counselors did not see a great spot to get into the water, but Sophie spotted an alternate route that ended up leaving us in a perfect spot to swim. Within minutes, all of the girls were splashing around in the freezing cold water! Whitney was the first girl to step in and she was so excited that she encouraged everyone else to follow suit. When the girls were done swimming, they enjoyed mini peppermint patties on the trail before we headed back to the campsite.

We had Bolognese pasta for dinner to prepare ourselves for the long hike of Mt. Washington the next day. Our mini adventure gave the girls a tiny taste of hiking and left them feeling eager and excited to climb Mt. Washington.

#### **July 31st**

We woke up at 4:00 a.m. today to get an early start on our Mt. Washington hike! The girls packed their backpacks

with the essentials: water bottles, snacks and many, many layers for Mt. Washington's weather. We had a hearty breakfast of oatmeal before driving to Pinkham Notch, the base of our trail.

We started hiking the Tuckerman's Ravine trail at around 6:00 a.m. The beginning of the hike was the hardest for the girls, as they were not used to nor were they expecting such a steep and rocky path. However, after an hour of encouragement from both campers and counselors, the girls were hiking quickly, steadily and happily! Leah and Cara were constantly encouraging girls who were struggling, and Caroline went above and beyond to hike with certain girls and encourage each to keep up her pace. It was awesome to see their teamwork. We took many breaks up along the way, but after six hours of hiking, we made it to the very top!!

The girls were ecstatic that they accomplished such a challenging hike and they were even more excited to finally eat some lunch. After taking a group picture with the Mt. Washington summit sign, we had a picnic outside and ate some yummy sunbutter and jelly sandwiches and turkey and hummus sandwiches! The girls snacked on some GORP for dessert and enjoyed the views before filling up their water bottles for our descent. We made a quick stop at the gift shop to get some memorable stickers for our water bottles.

The girls were worried about the descent and scared to climb down some of the bigger rocks over steep hills. However, they helped each other with harder steps and made it down together. Margie figured out smart ways to climb down (including sliding

down big rocks) and she surprised herself with her own abilities! Elyse and Margaret led the pack on the way down. With patience, careful steps and lots of encouragement, we slowly made it down the mountain in four hours. We had delicious chicken and bean burrito bowls for dinner and Oreos and Rice Krispies for dessert before heading to bed.

### **August 1st**

The girls enjoyed a sleep-in this morning, as we woke up at 8:30 a.m. and had some delicious yogurt with fresh berries, dried fruit and granola. T

The girls were most excited to head to Emerald Pools for the day, where there is a waterfall leading into a natural swimming hole in Chatham, New Hampshire. We drove to the Bald Face Circle Trail, where girls hiked for 20 minutes before reaching the pools. It was a cloudy and chilly day, but that did not stop our girls. Skye, Gracie and Jane immediately jumped in the freezing cold water and played around on the rocks, and soon all the girls followed them in! There were a few other camps at Emerald Pools on the same day, so our girls got to cheer on strangers as they jumped from the highest rock into the water. Our girls also cheered on each other, as a few girls were hesitant to jump or were nervous about how chilly the water was. It was great to see them encourage each other!

We had a swimming break to enjoy some sunbutter and jelly sandwiches and some carrots and hummus. A few girls were cold and did not want to jump back in after lunch, so they snuggled up in their crazy creeks and wrote in their journals or read their books. Other girls, however, ignored



the cold and wanted to return to the water as fast as they could!

After a long day of jumping, swimming and exploring, we returned to our campsite to make some vegetable curry for dinner. Kieve, our brother camp, was staying at the campsite across from us so while the counselors cooked dinner, our girls and the Kieve boys played "Pass the Bacon," a team building game.

After dinner, we headed to Kieve's campsite to have a bonfire and share s'mores! The girls loved getting to see their brothers at Kieve and, of course, they were excited to enjoy some s'mores. Once everyone had enjoyed a few s'mores and got to make some friends, we headed back to our own campsite and went to sleep.

#### **August 2nd**

The girls came out of their tents this morning to surprise bacon, egg and cheese breakfast sandwiches, prepared by the counselors. They loved the breakfast and loved having a slow and relaxing morning after the previous days of exploring and adventure.

The girls were put to a "firewood gathering" task/competition to see which tent group could gather the most amount of firewood to be used for a bonfire later at night. After about an hour, we were shocked at the amount of wood the girls found! The wood piles were almost as large as the tents -- it was great. Kate's tent group won.

Once the girls had finished their firewood tasks, we packed up our van with our coolers and wannigan and headed to the Gorham Recreation Center to spend the day swimming. A few of the girls immediately began playing in the sand and making sand castles, while other girls jumped right into the water to play.

We stopped at lunchtime for the girls to have a chance to try cooking and using the Coleman -- they did an awesome job! They made grilled chicken wraps for all of the campers and even the counselors.

After a few more hours of fun, we headed back to our campsite. The counselors cooked pizza for the girls while they helped make a fire. We ate our pizzas around the campfire and before we had s'mores, the girls performed different funny skits. It was hilarious, and all of the girls were laughing and smiling together.

#### **August 3rd**

On our last day, the girls woke up decently early and ate some tropical couscous for breakfast! They packed up their tents and all of their gear but left out their hiking shoes and clothing for one last adventure before heading back to Wavus.

We drove back to Pinkham Notch, the base of the Mt. Washington hike. We hiked Leibenheim's Loop for a little over two hours, where Inga led the pack and really enjoyed jumping from rock to rock! The girls enjoyed the beautiful views and the fun climbing. We stopped around halfway to enjoy granola bars, apples and to take pictures.

Once we returned to our van, we began the drive back to Wavus, talking excitedly the whole way about our trip!

Tsipora Hacker, HBC

### **Narragansett**

#### **Hog Island**

#### **July 27th**

The ladies of Narragansett (otherwise known as the Narragators) woke up to a sunny morning at Wavus before heading off to Hog Island for their primer. The girls ate a large breakfast before packing up the rest of their gear

and hopping in the van for the short drive to the Kieve-Wavus landing.

Once we arrived at the landing, we met Driftwood Drew who gave us the run down on what we would do today. Unfortunately, it was too foggy to kayak out to the island, so we caught a ride on the Snowgoose, which taxied us over before starting its own day.

As soon as we got to Hog Island, Driftwood Drew played a little name game with the girls before they set up their tents and ate a big lunch of turkey and cheese sandwiches with hummus and avocado.

After lunch, Drew took us on a nature walk around the island, showing us the animals of the Maine coast and letting the girls jump in a mud pit! The girls cooled off after the walk with a quick swim in the ocean before relaxing for a little pre-dinner rest hour.

Dinner came, and we enjoyed a big meal of pasta with tomato and pesto sauce, with homemade brownies as dessert. After that, it was time for bed and to get ready for our next big day at Hog Island!

### **July 28th**

Our second day on Hog Island greeted us with warm, sunny weather, getting us excited for what the day had to offer. After packing up our tents, the cabin enjoyed a breakfast of S&M pancakes – always a camp favorite!

Once we cleaned up our meal, we headed into the lab to explore the touch tank, Maine animals, and the live video of the island's ospreys. The lab had lots for us to see and the girls asked many questions as they walked through.

Unfortunately, our time was then up for Hog Island, but as the weather was beautiful, we were able to kayak back to the landing before packing up for our final stop.

As we still had some time before we needed to be back at camp, we made a little pit stop at Pemaquid Point Lighthouse to have a lunch of pepperoni and cheese pitas. The craziest part of that adventure was the small wedding happening next to us. All of a sudden, the bride approached the girls and asked them if they wanted to catch her bouquet for her. The lucky ladies ran out into a field with the bride while the photographer snapped pictures of the bride throwing her bouquet behind her. Abby caught it, so she will be the next to be married (but not for a while)!

After walking around the lighthouse for a little bit, we headed back to Wavus to clean up our trip gear and reflect on our primer experience. This trip went amazingly well, and the girls are completely ready to hike the White Mountains next weekend!

Cynthia Kellett, HBC

## **Narragansett White Mountains August 4th**

It's finally time for our trip to the White Mountains! The girls of Narragansett woke up to a rainy morning to pack up the final gear for our trip. After a big breakfast at Wavus, we put the final bits of food and gear into the vans and filled up our water bottles for our ride to the Whites.

Once we were at the campsite, we made a lunch of turkey and cheese sandwiches with hummus and avocado before setting up our tents and the rest of the site. This included putting up our tarp to cook under, just in case it rained during a mealtime. Luckily enough, the weather cleared up and each camper was ready to go after setting up their sleeping pads and sleeping bags in

their tents and we headed out for a little adventure.

As it was already pretty late, and we would have a big day tomorrow, Narragansett drove down the road into town to a playground. The girls got to run around for a little bit and blow off some steam before heading back to the campsite for a filling dinner of pasta with pesto and tomato sauce. Because it was also Amelie and Campbell's birthday, we enjoyed a dessert of cowboy cookies, made by Cynthia!

As we had to clean up from dinner, Isabel took the girls into the woods to teach them about proper waste disposal, something they practiced all throughout trip.

Once we ate our dessert and cleaned up, the cabin headed into our tents to gear up for our big day tomorrow!

### **August 5th**

It's the day for Mount Washington! The girls woke up to the dark at 4:30 a.m. to pack their daypacks and get ready to hike Mount Washington. Before leaving, they grabbed their rain jackets, fleeces, and water bottles and ate a quick breakfast of granola bars with grapes. We had a short drive over to Pinkham Notch Visitor Center to start our ascent by 5:30.

The girls were in great spirits and loved walking by all waterfalls and streams on our way up. Campbell was great keeping everyone's spirits up from the back by telling jokes and singing songs. Ellie was also amazing in picking up trash that she saw on the side of the trail on the way up – she had a whole pocket full of trash by the time we reached the top. Payten and Nevaeh led the front with amazing courage and bravery. Narragansett absolutely rocked it and made it to the summit by 11:00 a.m.! It was a warm 55 degrees on

the top, but the 26 miles per hour winds made it seem even colder.

After walking around the top and enjoying a lunch of pepperoni and cheese sandwiches, we started to head down by 12:45 p.m. and made it back down by 6:30 p.m. Despite us all being sore from our hike, Livy led the front with a ton of gusto and kept the front in high spirits for the whole way. Alexandra also told stories to keep us entertained on the way down!

We headed back to the campsite to devour our dinner of hamburgers with cheese and avocado with Oreos for dessert. As the girls were completely worn out, we went to bed quite early, very ready for our day to sleep in and hang out tomorrow!

### **August 6th**

Narragansett took their time getting out of the tents this morning and slept in until 8:30 – quite a feat for the young ones on trip! Once everyone was up, we made a breakfast of cinnamon roll pancakes with grapes on the side. This proved to be a favorite among the campers, as it provided a much needed sugar boost for our sore bodies.

After breakfast, we got into our bathing suits and headed out to Diana's Baths, an amazing hike with waterfalls where the girls could swim all day and relax. Natalie was the first to jump in the water and encouraged all of the girls to dunk their heads under the falls to cool off! Ella was also very excited to jump in. After swimming in the wading pools for a little bit, we ate a lunch of sunbutter and jelly sandwiches before getting back into the water to cool off a bit more before heading back to the campsite.

Once back at the campsite, the girls hung out for a little rest hour before a dinner of grilled cheese and tomato



soup. This was a much needed rest day after our big hike the day before. We couldn't wait to get back on the trail tomorrow and get moving again for our last full day!

### **August 7th**

Today was the day to get back on the road and get moving again with another beautiful hike. After waking up around 8:00 a.m., we enjoyed a breakfast of yogurt with granola before our drive to the trailhead.

In the morning, we hiked up the beautiful Little Deer Hill – a challenging, but very rewarding hike a mile and a half up a mountain. Parker led the whole cabin with songs both up and down the mountains, which kept everyone in high spirits in the high heat. Once we reached the top, we took a well-deserved GORP break and drank some water while enjoying the views of the Bald Faces, the mountains across from Little Deer Hill. As the sun was beating down and we were very hot from our hike up, we walked back down to eat a lunch of sunbutter and jelly bagels in the parking lot before our next small hike.

To cool off from the morning, we walked across the street and almost a mile in to the beautiful Emerald Pools, a large swimming hole under a waterfall where the girls could jump off the ledges into the water. This was a great way to relax and cool off in the hot, humid weather before walking back to the car to get back to the campsite.

We made it back to Barnes Field at just the right time, as a thunderstorm rolled in just a few minutes after we got back. Luckily it only lasted for a short time and we were able to get back out to make our pizza dinner! Tomorrow is our last day in the White Mountains and we are so excited to get it going!

### **August 8th**

In order to get one last hike in, we woke up a little earlier, around 7:00 a.m., to get the campsite packed up and eat breakfast. The girls enjoyed sunbutter, jelly, and honey English muffins before loading our gear into the car and driving off to Mount Willard to complete our last hike. Vivi helped everyone out on the last day by doing braids for the some of the girls to keep their hair back.

Mount Willard proved to be the best hike yet (other than Mount Washington) and the girls hiked the mile and a half trail in just an hour. Abby did an amazing job keeping up the group's spirits from the back with songs and high positivity. The views at the top were spectacular, as you could see out throughout all of Crawford Notch State Park. We made our stop at the top short so that we could hike back down and get moving back to Wavus. Mattie, Parker, and Cynthia spent the hike down talking (very passionately) about our favorite sports teams and championships.

On our way back to camp, we stopped at Panera for a late lunch before cleaning our gear for the last time! Because we got back a little later than usual, we went right to dinner after cleaning so that we could quickly shower and head to our last J-Scoop stop of the session. The girls killed this trip and we are so proud of all that they did!

Cynthia Kellett, HBC

### **Omaha**

#### **Damariscotta Lake/Cool Island**

### **July 19th**

Omaha's primer was a grand success! After sending off the second Maine Trails cabin at Wavus, we swiftly departed from the Wavus

canoeing dock. We continued south on Damariscotta Lake, leaving the sounds of camp behind.

The weather gods were in our favor, giving us tailwinds for most of the trip, and not a cloud in the sky! The girls passed the time by singing songs, telling stories and enjoying the gorgeous weather. We pulled over to the side of the lake for a floating lunch, which we all scarfed down to give us energy for the rest of the paddle ahead.

We paddled past Kieve and arrived at our campsite, Southover, in the early afternoon. We had a quick tutorial on how to set up tents, and the girls got ready for "G Swim"! We all enjoyed the beautiful weather and frolicked in the water, playing games and "diaper diving."

After a short rest, we enjoyed a sunset dinner of a pasta bar, and a yummy dessert of scrambled brownies! We climbed into our tents and quickly fell

asleep after a long day of paddling.

## July 20th

The next day we woke up pretty early and had a delicious breakfast of oatmeal with lots of toppings. We loaded up our boats and started the paddle back to Wavus. After just one day of paddling, the girls improved so much and were able to shave a whole hour off their time from the day before. The weather was just as pretty as the day before, and we even had a bonus visit from Kirstie as she was boating over to Kieve!

We arrived at Wavus in time for lunch, and the girls learned the protocol for cleaning gear after a trip. Although most of the girls had never paddled before, they embraced the challenge with gusto, and impressed all the counselors with their improvement. We can't wait for our long trip on the St. Croix River!

Charlotte Del Col, HBC



**Omaha**  
**St. Croix**  
**July 24th**

Today we were up before the sun! We groggily packed our boundary bags and headed over to the Jewell for a picnic style breakfast. We hustled to pack our canoes and settled in to the Courage bus for the long ride to the put-in. Once we got there, our driver, Terri helped us take our boats off the trailer. We started paddling and luckily, we didn't have much to do today.

We paddled down Spednic Lake and soon arrived at our beautiful campsite, Birch Island. We made lunch of pepperoni, cheese and hummus. After lunch we had G-Swim and the girls frolicked in the water while splashing around in their life jackets. Sasha taught us some gymnastics moves and stretches as we rested and read books.

We had a wonderful dinner of burgers and watched the sunset on the rocks. After cleaning up, we settled into our tents to get ready for the next day.

**July 25th**

Today we woke up very early for a long day of lake paddling ahead of us. We had bagels for breakfast and quickly departed from Birch Island. Despite the length, the girls had positive attitudes, and Brooke led us in singing various camp songs.

As we paddled down Spednic Lake, the winds picked up drastically. As the winds were still strong, we had a pep talk and set off to complete the short paddle to our campsite. Mila had us all laughing with her impeccable knowledge of Hamilton lyrics. We soon arrived at our campsite, The Narrows, and had lunch. We rested for a while and went swimming, which felt nice.

We ate a dinner of grilled cheese and tomato soup, which was fitting for the chilly weather that was settling in. At dinner, Grace got a shout out from the counselors for paddling the hardest into the wind. After dinner, we quickly snuggled into our tents and got ready for our longest day of paddling tomorrow.

**July 26th**

We woke up very early, and Mother Nature decided not to be on our side, as it was pouring rain. We quickly scarfed down a breakfast of Honey Bunches of Oats and got on our way.

We paddled the rest of Spednic Lake and arrived at Vanceboro early in the morning to do the one portage of our trip. We suitcase carried our boats and gear to the other side of the dam. We enjoyed tall cups of hot cocoa to warm up and had lunch on the side of the river.

After lunch, the moment we had been waiting for all trip had finally arrived—we were about to begin paddling the river! After a reminder on how to paddle rapids, we jumped right in to the action, and started paddling to our campsite, Little Falls. We had some fun rapids before the campsite, and while the weather still did not cooperate with us, we had high spirits.

We got to the campsite right before dinner and inhaled our dinner of personalized pizzas. We collapsed into our tents after an incredibly long day and slept like rocks.

**July 27th**

Today we woke up to much better weather than the day before. We enjoyed a wonderful breakfast of oatmeal. We portaged around Little Falls and started our day on the river.

The sun came out and it was very hot. We ran some fun rapids and passed a

large group of people on inner tubes which gave us a good laugh. Esmé jumped out of her boat and splashed around in the water. We paddled downriver to our beautiful campsite, Loon Bay, had some time to rest, and then we had a delicious dinner of mac n' cheese. Sophia had us all cackling with her impressions of various British celebrities, including Hermione from Harry Potter and Peppa Pig.

After dinner we had scrambled brownies, and crawled into bed, to prepare for our last full day of paddling tomorrow.

### **July 28th**

Today we woke up and an eerie fog had settled on to the lake. We paddled throughout the morning, telling stories and singing songs. We arrived at a class 3 rapid, Canoose Ledges, and portaged our gear around, while the counselors ran boats down it.

After a cloudy morning, the sun popped out which made us all happy. Ksenia splashed everyone with her paddle to cool them off while the sun was beating down on our backs. We arrived at our final campsite, Egg Point, before lunch and then had pep and cheese for lunch.

We rested in our tents and the campers played card games and had a yummy dinner of ramen noodles. As girls were cleaning up, Caroline (the fire master) helped build an amazing fire for us to roast marshmallows. We roasted marshmallows and talked about the highlights of trip. That conversation soon turned into a heated discussion about our favorite books. After a lot of laughs and sticky fingers, we got ready for bed and curled up into our sleeping bags one last time, excited for our return to Wavus tomorrow.

### **July 29th**

Today we slept in and awoke to fog rolling onto the river. We devoured our scrumptious breakfast of pancakes with syrup and got on the river.

We anxiously paddled along, knowing that our take-out could be right around each corner. We finally arrived and celebrated most of the girls completing their first ever Wavus trip. While waiting for our driver, we played mafia and ate a snack.

When our driver Sally arrived, we loaded up the trailer and got on the road. The girls had a lot of fun singing along to the radio as we drove down the highway. We stopped at Panera and the girls ate "real life food" for the first time in 6 days!

Finally, we headed back to camp and cleaned all the gear and boats, and some girls even had a soap fight on the trip shed porch. After cleaning the girls each had a long awaited shower, and we finally got our J Scoop! Overall, an amazing end to an amazing trip.

Charlotte Del Col, HBC

### **Ojibway Southover July 21st**

Ojibway woke up and immediately the excitement about the day's events was present. Even at 7:30 a.m., it was obvious it was going to be a hot, sunny day without a cloud in the sky. We put the final items in our bags and brought them to breakfast of eggs and sausage, then began to load canoes. Ava helped bring boats down the dock and Charlotte was enthusiastic about lending a helping hand wherever needed.

Once all campers, counselors, and gear were snug in the boats, the lead boat, with Amy in the bow, pushed

off. We paddled and paddled until we needed a snack break when Anna distributed granola bars. We arrived at the Southover campsite at noon. After boats were unloaded and tents were set up, we ate a lunch of turkey and cheese sandwiches with carrots and hummus.

Henry Kennedy boated over to Southover and offered to set up the Kieve rope swing and everyone swam with life jackets over to Kieve. Hackett, a Kieve tripping director, was at the rope swing to help us stay safe. Kelly enthusiastically offered to go first.

After all went on the rope swing to their content, we headed back to Southover, ready for rest time. Gracen helped the counselors make such a big fire that we decided to use the metal grill to cook burgers, instead of the Coleman stove. After dinner, Chloe helped pump water and Lauren cleaned dishes.

We all then gathered around the campfire for entertainment and s'mores. Kenzie made the perfect s'more while Holly Jean ate her s'more in parts. When it was time to go to bed, Hadley helped put out the fire. We all were sad to hear the sizzle of the water on the embers, but knew it was time to rest.

### **July 22nd**

We woke up at 8:00 a.m. and packed up camp sleepily but efficiently. Once tents were down and boats in the water but tied, we ate a breakfast of Rice Chex and fruit with silk milk. The cloudy day made all feel a bit drowsy, but all had an instant rush of energy when they got into the canoes.

Emerson was in lead boat and helped lead the way and set the pace. We made good time but had to quickly get rain jackets out of our waterproof boundary packs when it began to rain.

There was no thunder or lightening so we pushed on canoeing at a good pace. When Wavus was in sight, we took a quick snack break and admired the fog that had settled on the lake, looking almost mystical compared to yesterday's sunny day.

The last stretch back to the Wavus canoe dock was paddled at an incredible pace. The first boat unloaded and helped others arriving after them. Group gear was cleaned by half of the cabin while personal bags were taken to the cabin by the other half. The girls gathered back at the trip shed porch for grilled cheese and tomato soup made on the Coleman stove. The girls cleaned again then went back to the cabin for a rest hour.

The final part of primer was a trip to J-Scoop to get ice cream. All had smiles on their face as they licked their ice cream, and in the van ride back to Wavus, the girls excitedly chatted of their hopes for the St. Croix River trip.

Sophia Cronin, HBC

### **Ojibway St. Croix River July 27th**

We left Wavus at 6:00 a.m., excited and ready to begin our amazing journey to the St. Croix River. We arrived at the Castle Road put-in around 10:30 a.m., unloaded our boats and excitedly begun our paddle on Spednic Lake.

It was a beautiful, cloudless day with blue mountains surrounding us on all sides of the lake. The girls spotted some loons and passed the time playing 20 questions, '21,' and singing pop songs. Emerson was in charge of the camera and took lovely pictures of the girls and our surroundings. We stopped for turkey and cheese sandwiches and grapes on Birch Island where Chloe,



Laurie, and Amy enjoyed a splash in the water.

At 2:30 p.m. we made it to Cedar Point, our campsite for the night, and set up camp. Gracen finally set up her hammock with help from Holly Jean. For dinner we had quinoa stir fry which almost every girl had fourths of. After dinner Ava patiently filled every water bottle with our base camp filter with her dessert, a Hershey bar, resting on her leg the entire time!

### **July 28th**

Today Ojibway woke up at our normal camp time, 7:00 a.m. at Cedar Point. After packing up our gear and tents, we enjoyed cream cheese bagels with strawberries for breakfast, in preparation for our last day on Spednic Lake before hitting the St. Croix River.

Setting off early, Ojibway battled some long stretches of lake and heavy winds on our journey across the lake. However, our own 'Acababes' quartet of Chloe, Kelly, Hadley, and Emerson kept us entertained right through the morning. We arrived at the Narrows, our second campsite, right before lunchtime, where we ate cold-cuts and settled into our camp shoes for our free afternoon.

Ava found the girls an awesome rock to jump off, and so the next couple of hours were spent swimming, reading, napping and enjoying some well-deserved down time. We had an early dinner of personalized pizza with pepperoni and cheese. After pumping water and cleaning up for the day, we enjoyed a mini photoshoot in front of the stunning sunset, skipped some rocks, and finally headed in for an early night, ready for our first day on the river.

### **July 29th**

Today was our longest day, so to set ourselves up for success we woke up at 5:00 a.m. We packed up camp, loaded gear, and then ate a simple breakfast of Rice Chex, blueberries, and vanilla Silk Milk. We began our last miles of lake paddling in fog, but as the day warmed, the sun rose over the pine trees and we took in the beauty. The lake narrowed, and a flock of geese greeted us at the Vanceboro Dam boat ramp where we unloaded our gear for the short portage trail.

We refueled our bodies and spirits with a quick snack then began to carry group gear - wanagans, cooler, and tent bags - then moved onto personal bags. Finally, three boats were suitcase carried, and two boats were overhead portaged by the campers, six girls on each.

We then continued paddling, the girls getting their first experience on some mini rapids. We stopped for lunch, sunbutter, jelly, and honey on pita, on a Canadian campsite.

The river continued winding with more rips, but finally the campsite, Little Falls, was spotted. The gear was carried, and camp was set up while counselors ran boats through the Little Falls rapids, which were class III rapids. The girls went swimming, ate a hearty dinner of quesadillas and finally roasted s'moreos, a combo of Oreos and s'mores.

Today was a day of firsts for the girls of Ojibway. Their first river paddling, rapids, and portaging. Today was also the longest day of trip. If the girls want to know what their years to come at Wavus will be like, today was the perfect example.

### **July 30th**

After our long day yesterday, we

slept in until 8:00 a.m. We brought our gear to the canoes, loaded our boats, and then ate oatmeal for breakfast.

With the hot sun exhausting us, we ate an early lunch of sunbutter, jelly, and honey. We continued paddling with rips of varying difficulty.

On the last set of rips, Ava and Laurie's boat got stuck on a rock and capsized. They quickly passed their gear, with an exception of a tent bag, which fell and floated down the river to be swiftly recovered by Amy who handed it off to Anna and Kenzie who strategically pinned their boat to help their cabinmates. The counselors aided in the recovery of the boats, but the girls also did much to help each other, like holding boats, catching loose gear, and throwing a throw bag to land. The gear was all recovered except a helmet.

The boat was repacked, and we then continued the short way to our campsite, Loon Bay, where we set up and sunbathed on the beach after our adrenaline rush. Dinner was breakfast sandwiches of egg, cheese, hash browns, and bacon. Afterwards, we all relaxed in our tents until lights out.

### **July 31st**

This morning, Ojibway's last full day of the trip, we woke at Loon Bay, ready to face our last day on the St. Croix. We enjoyed a cabin-favorite breakfast of Rice Chex, blueberries and vanilla Silk Milk. To our delight, the girls worked harder and harder to pack up tents and to load our canoes quickly, and the progress showed in the great time we made today.

Ojibway faced a couple smaller rips with considerable challenge, before we came to today's greatest feat: Canoose Ledges, Class II rapids that we had to scout. After climbing a steep portage

trail and scoping out the best courses, two counselor boats went out to try to find the best routes, Ava and Gracen leading the charge. The other girls soon followed, each one successfully working to navigate the rough waters safely!

We then had a pretty stable and calm course down the Croix. Some stronger headwinds later were made much more bearable by the musical stylings of Laurie and Holly Jean with their rendition of 'Hamilton.'

We arrived at Egg Point in good time, enjoying our last relaxing trip afternoon. With hammocks winging and GORP being munched, Ojibway had a laid-back couple of hours before eating a well-deserved, final dinner of gluten-free pasta, red sauce, and cheese.

To round off our final evening of the trip, we had fun spotting a snapping turtle, cleaning as a huge squad, and at last, drinking some tea and hot chocolate. Then it was lights dimmed and voices lowered, as Ojibway slept under the stars for the last time this session, ready for our last paddle tomorrow.

### **August 1st**

On our final day of trip, we woke up at 7:00 a.m. and had a delicious meal of S&M pancakes before heading to our take-out in Kellyland. We canoed three miles to the dam and once all our gear was pulled out of the water, the girls enjoyed some downtime by making friendship bracelets, reading, and sunbathing while waiting for Terri.

Around Noon Terri arrived and took us to our lunch stop, Dysart's, for some well-deserved comfort food. Before we knew it, we were pulling into the Wavus driveway, officially completing our trip!

Sophia Cronin, HBC

**Osage**  
**Southover**  
**July 27th**

We started out our morning with a Wav breakfast before loading our canoes and heading on our way. We paddled all the way to Southover, near Kieve, and set up camp. We ate a delicious lunch of cold cuts, hummus, and cheese sandwiches.

We had a rest hour and then Mary had the idea of going for a swim. We all grabbed lifejackets and went diaper diving! We then decided to grab mud from the bottom of the lake and give each other mud baths.

Once we rinsed off, our counselors made a fire and grilled our burgers on the fire. It was delicious! After we ate, they surprised us with s'mores. Just as we finished eating them, we heard thunder. We headed to our tents and settled in for the night. Meg Stone

**July 28th**

We woke up really early this morning and packed up our campsite quickly because it was supposed to start thundering at 9 a.m. While we were packing up, our counselors made us S&M pancakes.

We loaded up our canoes and started our paddle back. We were much better paddlers today and we were able to get back to camp much earlier than we thought we were going to get back. We cleaned all our gear and headed to Bikes and Burgers, where some of us were even able to see our brothers. It was a great day of trip!

Mary Schwarz

**Osage**  
**St. Croix**  
**August 1st**

Today was the first day of trip! We woke up very early, loaded all of our

gear into the canoe trailer, ate breakfast, and then hopped onto the bus. We arrived at our launch on Spednic Lake ready for trip to begin.

We paddled for about an hour until we arrived at our first campsite at Birch Island. We set up camp and ate our lunch of ham and cheese sandwiches, with hummus and peppers as a side. Emmie and Ryland set up their hammocks and we all had rest hour in the hammocks, on the rocks, on the beach or in our tents.

When rest hour was over, we all went for a swim until it was time for dinner. We had vegetable sushi with avocado, cucumber, rice, and spices from the spice kit. We even had some pieces with hummus and Frank's hot sauce. It was delicious. We went to bed full, both with food and with excitement for what was to come on trip.

Avery Fitzpatrick

**August 2nd**

We woke up early and took down our tents before having a fantastic breakfast of egg sandwiches with bacon, egg patties, and vegetarian sausages.

We started our paddle expecting a day filled with headwinds but were pleasantly surprised when the winds turned and gave us tailwinds for most our paddle. We were even able to raft up and turn our tarp into a sail, which cut our paddle down to about 3 hours. We had so much fun, and we were able to use that time to bond as a full cabin.

The winds turned back just as we rounded the corner at The Narrows, our campsite, so we were able to pull into our campsite just as the headwinds started. We set up camp and had a delicious lunch of turkey and cheese sandwiches with more peppers and hummus as a side.

We settled down for a rest hour and most people fell asleep. Marley stayed asleep the longest, so some members of the cabin, along with Hannah, decided to prank her and tell her she slept all the way until breakfast the next morning. She even started packing up her things. We then ate a wonderful dinner of chicken parm and spaghetti. We settled into our tents for the night and after a little bit of chatter, we all fell asleep.

Marley Storer

### **August 3rd**

We woke up super early today for our longest day of trip. We packed up camp and ate HBOs for breakfast.

We started the last portion of our lake paddle on Spednic Lake and headed towards the dam in Vanceboro. We arrived in Vanceboro, grabbed our gear and carried our things the short distance to the put-in on the other side. Nat and Marley carried the tents and wannigan, while the counselors started with the canoes. We finished the portage in about 15 minutes and Liv went to go check in with border control. She ended up coming back with snacks like Milky Ways, Lays, and tortilla chips with salsa from the general store.

Once we finished our snacks, we loaded our boats back up and got ready for our first day on the St. Croix River. The river started with some really fun rips that made us all really excited for the rest of trip. Halfway through our time on the river, we pulled over in Canada for lunch and had some really messy sunbutter and jelly sandwiches.

We paddled the rest of the way to the start of Little Falls, where we unloaded our gear and carried to where we were camping. All of the regular campsites were full, so we set up our tents on a

really nice grassy area right next to the put in for tomorrow. We left our canoes at the top for the counselors to run the next day and ate pizzas for dinner. We went to bed super early for our fun packed day ahead.

Pay Day

### **August 4th**

We woke up this morning to the sounds and sight of our counselors running the rapids at Littles Falls. While they finished all five boats, we took down our campsite and got ready for the day ahead. We ate tropical couscous for breakfast and then loaded our boats for the rest of our journey down the river.

About five minutes after we started paddling, it started pouring rain. We could barely see the river in front of us, but we had so much fun singing, laughing, and getting soaked. It only rained for about 5 minutes before clearing up. We paddled down the river with the plan to eat lunch at a park in Canada.

With the park in sight and one rapid left in the morning, we heard thunder. We pulled up to a full campsite at the park, but some really nice Canadians gave up their covered picnic table for us to use. Hannah and Nina put a tarp up on one side of the picnic table and started making a delicious lunch of grilled cheese with pesto. One of the Canadians at the campsite brought over homemade cookies for us to eat for dessert. We played cards games while we waited three hours for the thunder storm to clear.

Once it cleared, we loaded our boats and all of the Canadians staying at the campsite came out of their tents and trailers to wish us good luck on the rest of our trip. The counselors thought we should just paddle to the closest American campsite, but when we got



there within five minutes of leaving Canada, we all had so much energy left, so we decided to keep going to our original campsite instead of adding the extra paddling time to the next day. We paddled for another two hours and pulled into our campsite at Loon Bay just as the sun was starting to set.

We set up camp, ate our dinner of pesto pasta, and rewarded ourselves with a candy party. We got in our tents ready for our last big day of trip.

Natalie Garre

### **August 5th**

We woke up this morning to a beautiful sunrise over Loon Bay. We ate toasted bagels and then headed on our way.

After about 20 minutes of paddling, we arrived at the portage trail at Canoose Ledges. We all started carrying gear while the counselors scouted the rapids and started running the canoes down the rapid. On the first canoe, they went down the wrong line and flipped the boat! Once we found out that they were fine, we all laughed and helped them find a better line. They finished all but one boat, our broken boat we lovingly called Old Grandpa. Because Old Grandpa was broken, we decided that it would be best to suitcase carry it around the rapids, so that it did not become more damaged. With all nine of us carrying the boat it became much lighter than it had been on our other suitcase carry.

There was a difficult tree in our path and when we got to it, we accidentally dropped it on Marley's foot. She was really good about it, but the counselors decided that it would be best if she duffed for the rest of the day. She was one of our sterns, so Avery stepped up to replace her in the more difficult position just before some of our last

rips of the day. We all started paddling again and not much later we pulled over for lunch. We had pep and cheese, a Wav classic, and headed on our way. About half an hour after lunch the sun was really beating down on us, so we all jumped out of our boats and took turns floating down the river.

We paddled our last few miles of the day and the last few rips of the trip and pulled into our campsite. We had some time to chill and we even went swimming. For dinner we ate another Wav classic of fiesta rice and beans on tortilla wraps. The counselors then surprised us with scrambled brownies. While we ate them, we reflected on the best parts of trip and what we learned about ourselves.

Once we finished cleaning up, we all headed out towards the rocks and stargazed. Meg and Hannah told stories of different constellations and the Greek Gods related to them. We headed to bed after that, not quite ready to go back to camp.

Nina Angella and  
Emmie Fitzpatrick

### **August 6th**

Today was our shortest day, so we woke up late and headed to our pick-up. After our breakfast of bars, we loaded our canoes and found out that we were all switching our positions in the boats. The bow paddlers were all in the stern and the stern paddlers were all in the bow. We paddled all the way to our take-out, singing and enjoying our last few moments on trip.

When we arrived, our counselors pulled out the Coleman and made us a delicious brunch of S&M pancakes. We finished as our driver pulled up, and as we loaded up the van, we reminisced about our amazing time on the Croix.

Ryland McDonald

**Abenaki**  
**Hermit Island**  
**July 25th**

Everyone was excited to go on our first trip as a cabin, especially returning campers like Lily and Claire. We started out for Hermit Island just after breakfast and arrived at our campsite shortly after. We set up our tents and ate our lunch of turkey, cheese, pita, hummus and veggies. Then we set off exploring with the island map.

We took pictures of the cliffs at Osprey Point, climbed the rocks around Sunset Lagoon, and swam at West Dune Beach. As we walked the ocean side of the island, the fog began to clear, and mist swirled around us. All the girls went in the water and were shocked by how cold the Maine ocean was compared to Damariscotta Lake, especially Anna who said she missed the warm water in Spain.

Kirstie met us by the lagoon and we followed her on a drive to the Bates-Morse Mountain Conservation Area. She took us on a two-mile nature walk through five different ecosystems. Caroline Daub and Alex led us with the map. At the top of Morse Mountain we enjoyed a beautiful view of the estuary below.

We continued to Seawall Beach and immediately ran into the surf. Sophie and Eloise loved duck diving under the crashing waves and bodysurfing, staying in the water until the very last minute. Kirstie and Caitlyn looked for sand dollars, walking along the miles of beach. Somehow we made it back to the van through the dense mosquitos due to the girls' positivity, particularly Cece's.

We parted with our fearless leader, and drove back to the campsite. We cooked personal pizzas on the stove

and ate s'mores for dessert, going to bed as it started to rain.

**July 26th**

In the morning a flock of wild turkeys roamed the campsite while the girls slept. The chance of thunderstorms all day shifted us to our alternate plan, a cultural heritage tour of the area curated by Kirstie.

After eating our egg sandwiches, we broke down camp, loaded up the trailer and left Hermit Island. We found wild raspberries and Myah loved searching through the bushes, picking and tasting the fruit.

As we drove to Fort Popham on the mainland the weather was grey, cloudy, and windy with on and off rain. We toured the impressive Civil War site with its ocean views, winding staircases and arches, playing hide and seek in the large stone structure. We had sunbutter and jelly for lunch at the picnic tables by the water then walked up the road to Fort Baldwin built before WWI and now totally empty, returning to nature. Sabrina fearlessly led a group of girls through the dark underground tunnels without a flashlight.

Next we drove to Bath to see Maine's First Ship at the Freight Shed. The girls learned about Popham Colony and the Virginia, the first sailing ship built in North America. We got to see the huge replica timber frame vessel up close, still in the process of being built. Caroline Thut had some great questions for the shipwright volunteer who served as our guide.

Finally we walked to Dot's Ice Cream and ate our treats under the pavilion in the park overlooking the Kennebec River. In the distance, cranes from the iron works showed how the tradition of boat building remains alive in the city of Bath hundreds of years later. Driving

back to Wavus the girls said how they already could not wait to leave for our next trip!

## **Abenaki**

### **Moosehead Mountains**

#### **July 31st**

After eating breakfast at Wav and packing everything up, we all got into the van and started our trip to the Moosehead region! Right when we entered the van, we all started jamming to music - it was a party van! The "party row" (Lily Harlan, Alex Tan and Caroline Daub) did not stop dancing and singing the whole way there!

All of us were so excited to arrive to the campsite. There was a volleyball net and we played lots of volleyball and a fun game called "Nuke 'em." We played many games against the counselors (of course we won most of the games). We all had a good time!

For lunch our counselors made quesadillas and for dinner we had burgers. Both meals were so delicious! Our trip is already off to a great start and we can't wait for the rest!

Lily Harlan

#### **August 1st**

Today was our first day of hiking. We went to Eagle Rock. Our cabin started off slowly, but then sped up as we got used to the hike. It was Anna's first time hiking and she crushed it (although she swore she would never hike again... until tomorrow)! To pass the time, our counselors told us stories of their time in Maine Trails. We got to learn about the cool stuff you get to do on Trails.

We got to the scenic view of the mountain pretty quickly and ate a lunch of turkey and cheese pitas. We got to see some of the mountains we would be hiking later in our trip. After

spending some time at the scenic view, we continued hiking to the top. Once we got to the top, we ate and enjoyed the view with chocolate chip cookies. After staying at the top for a bit, we headed down the mountain and got back to our campsite around 5 p.m.

For dinner we had a ramen bar. Our cabin ended the night with a game of volleyball.

Alex Tan

#### **August 2nd**

Today we hiked Gulf Hags! We planned on doing a 7.4-mile loop but it ended up being 8 miles with a few wrong turns! The hike was very fun and mostly flat with a few ups and downs. To pass time, Clare and Sophie both told stories about the books they were reading which were super interesting!

During the hike there were three waterfalls! First was Buttermilk Falls which was perfect for swimming. It was also very beautiful, but the water was freezing! We ate a lunch of pitas with hummus and veggies before continuing on. The next waterfall was Billings Falls which was also very pretty. Last, we stopped at Staircase Falls and had a snack of mint Oreos! Overall the hike was extremely fun!

Sabrina Tiger

#### **August 3rd**

Today was our rest day. We went to the B-52 crash site. The remnants from the 1960s plane crash were scattered throughout the forest. It was really interesting to see all the metal twisted and bent like tinfoil.

After that we went to Little Wilson Falls, the tallest waterfall on the AT. After hiking 1.5 miles to the top of the waterfall, we had lunch of pepperoni and cheese sandwiches. Then we got to play and swim in the smaller waterfall - it was so fun!

After driving back to the campsite, we spent the rest of the evening hanging out. We had polenta pancakes for dinner and Lorna Doone cookies for dessert. It was delicious.

Before we went to bed, Maine Trails came over to say hi because it was their resupply day and they were also staying at Northeast Whitewater! It was so fun talking to them. Today was an amazing day.

Claire Saunders

### **August 4th**

After a sleep-in morning due to rain, we woke to the mouthwatering smell of breakfast burritos (trip food is the best!). We quickly packed day packs so that we could get on the road ASAP.

Today we were hiking Big Moose Mountain, a 4.4-mile hike! Though the trail was muddy, we had a wonderful hike stopping only for water (hydration is life! Hydrate or die!) and the occasional GORP break, of course. Myah Hansen led almost the whole way up the mountain and she crushed it! The view at the top was slightly obscured by the cloud in which we were standing but it was beautiful nevertheless. We also were able to see the base of the first fire tower in America at the top- it was so cool!

When we were on our way back down, we stopped at the old fire warden's shack and ate some double stuffed Oreos (yum!). Everyone played the categories alphabet game for the rest of the way down and Caitlyn was definitely the best player!

The van back to our campsite was very entertaining due to our incredibly hype "Dabanaki" playlist and our wild games of "try not to laugh."

When we reached the campsite, we played yet another game of volleyball, ate dinner and went to bed after an

exhaustingly full and wonderfully fun day!

Sophie Sampliner

### **August 5th**

Early in the morning, we packed up our campsite and loaded everything into the van. Around 9:30 a.m., we met our canoe guides and got paddles and life jackets. Then, we drove to the dock we were canoeing from. We loaded the canoes, got in and paddled to Mount Kineo. Caroline T, Alex and Sabrina all did amazing steering the boat in the stern! It took us around an hour to get there.

When we arrived, we set up camp, and had lunch. Then, since we were right on the water, we went for a swim. Thirty minutes later, we hiked 1.7 miles to the top of Mount Kineo. There was an old fire tower at the top which we climbed, and the view was beautiful. We enjoyed some Oreos before heading down.

Then, we went for another swim and had rice and beans with avocados and sautéed veggies for dinner. Lastly, we had a campfire, sang songs, talked and had hot coco before heading to bed!

Caitlyn Jeffery

### **August 6th**

Today, our counselors woke us up to a dance party! Lily Harlan was, of course, the first one out of the tent, half asleep, but still dancing! By the time the dancing stopped, we were ready for the day. For breakfast we had oatmeal with sunbutter or peanut butter. The meal was delicious and filled us.

We packed up our bags, loaded the canoes and started paddling. We switched canoe partners up so some of us learned to steer in the stern while the others gained a lot of arm strength paddling in the front! Cece tried out being in the stern for the first time and



after a little bit of practice, she and Lily were at the front of the pack! Sophie also crushed it in the stern today!

After only 50 minutes, we made it back to the boat launch where the van was parked. We started to learn how to travel with canoes and hoisted them on to the trailer. We got in the van and drove back to the campsite. At the campsite, we had a lunch of sunbutter and jelly and then we all sat down, talked and relaxed.

It was very nice but it was also very hot so our counselors took us swimming! We went to a public beach and cooled ourselves off. We all had a lot of fun. Then, we drove back to the campsite and had a delicious meal of chickpea curry with rice. For dessert, we had s'mores. Yum! Overall, the day was relaxing and really fun!

Cece Reali

### **August 7th**

As soon as we woke up, we began packing up camp for the final time. Today for breakfast, we had blueberry pancakes made by our inflatable kayaking guides! They were delicious; some got seconds, thirds and even ninths (Alex Tan and Lily)!

After breakfast, we all got our helmets, life jackets and paddles before loading the bus to drive to the river. After inflating the kayaks, we got in our boats and started paddling. The first few sets of rapids were gentle with small rocks and a weak current.

However, the last set of easy rapids dropped off into much harder ones! They were very large rocks in the center of the river causing the water to make huge waves. A few people even flipped but it was so fun and easy to get back in the boats.

The weather had been hot and sunny in the morning but all of a sudden, dark

grey clouds were moving in above us and it started to rain. Finally, the sky lit up and a fork of lightning was seen in the sky and huge crashes of thunder accompanied it. We quickly pulled over to the side of the river to wait out the storm and we danced and sang songs to keep warm and have fun! Magically the storm stopped within 30 minutes and the sun came back out - it was wild!

We continued for a little bit before we stopped for a delicious lunch of sandwiches with turkey, cheese, pickles, lettuce, and tomatoes. There was also peanut butter and jelly along with chips, rice crispy treats, fresh brownies, ice tea and so much more! While some people collected wood to make a fire, others swam in the river. We all hung around the warm fire for a little before heading back on the water for the final stretch.

We had finished the river portion and now just had a quick 1-mile paddle on the lake until we were done. Despite some headwinds, Caitlyn and Eloise were in front the whole rest of the paddle!

After driving back to our campsite, we changed and packed our final things up before hitting the road back to Wavus. On our way back, we stopped for pizza and ice cream at J-Scoop! We are sad that trip is over even though taking a shower was nice!

Caroline Thut

### **Wawanock**

#### **Mt. Blue State Park**

#### **July 23rd**

With our fingers crossed that the sky wouldn't open up and start pouring on us, we rolled into Webb Beach Campground to begin our single night hiking trip at Mount Blue State Park.

We settled into the “Field Site,” a more secluded location from the other campsites.

After setting up camp, we enjoyed pitas with chicken, cheese, sautéed peppers and hummus. Despite the clouds, we decided to head to the beach just down the dirt path and across the street. Nina, Katie, Charlotte, and Grace played a movie guessing game in the cool lake water. It was refreshing to relax without any sort of schedule to keep.

However, we were intrigued by the scenic trail on Center Hill. It was a quick drive and an even shorter walk to an overlook view. Caroline N. and Caroline H. took especially silly pictures.

We headed back to the site for pasta and, unfortunately, “raw s’mores” as the wood was too damp to light a fire. Sophia performed card tricks while Julia and Madeline were captivated by their books. Eventually, the sky grew darker – time for sleep.

#### **July 24th**

We woke up early, but not too early, and chowed on some oatmeal and blueberries before our hike up Tumbledown Mountain. We arrived at Brook Trail and began our ascent, headed by Sydney and Avery. The girls really pushed themselves all the way up with minimal breaks and zero complaints. We reached the top to find a rather underwhelming, cloud-blocked view. We couldn’t see a thing!

Then, as if a curtain had been swept back, a beautiful landscape of evergreens and rolling peaks was revealed to us. We sat in awe together, eating our sandwiches and snacks.

After absorbing everything around us, we started our careful descent. It actually took us longer to get down the

mountain than it did going up due to the slippery rocks and roots. We made it back safe and sound.

The return trip to Wavus became one big jam session, per usual, with song selections courtesy of Paxton. And to wrap up the first part of our trip...ice cream from J-Scoop!

## **Wawanock**

### **Moose River**

#### **July 30th**

We stood at the water’s edge of Attean Landing, the passage to our great adventure. Seven canoes would become our mode of travel for the next several days. We began our journey across Attean Pond, facing slight headwinds, and reached our first campsite adjacent to the portage trail.

As we settled into the site, so did the sense of freedom in the wilderness. We celebrated the first day of trip with s’mores, actually toasted this time! Sophia took a chance to sit alone on the beach in peace; it was a beautiful moment. It seemed the day had gone by rather quickly as we cozied into our tents to ensure well-rested bodies for the challenge ahead of us.

#### **July 31st**

This morning was a daunting one. Each of us, camper and counselor alike, felt degrees of uncertainty. Today we had to transport all seven boats over our heads one and a quarter miles down a dirt road to our next campsite. Our egg and sausage breakfast sandwiches could only do so much. It was going to take teamwork, determination, and the positive mindset of each individual to get us through this portage.

The initial plan was to portage in pairs, which soon turned into triples, and ended with four to a boat. We realized that it was more efficient to

have a strong team of four than drop the boat, knowing the struggle of swinging it up over our heads again. There was one all-star triple, consisting of Julia, Avery, and Lizzy (the “dad”), that did not only one boat all the way through but TWO! Altogether, twelve incredible girls pushed through the aches, sweat, and tears, finishing the canoe portion of the portage in a timely three hours.

Our personal and group gear was still at the start of the portage which, surprisingly, took longer to carry than the boats. Katie selflessly took the last of the gear, understanding that the job just needed to be done. Nonetheless, after seven hours of pure physical and mental endurance, everything we needed reached the campsite along the rim of Holeb Pond.

We enjoyed a beautiful sunset over the water while enjoying our own take on Taco Tuesday.

### **August 1st**

We began our day before the day began itself. That is, it was still dark at four o'clock in the morning. We were in a race to beat the headwinds, paddling on the misty water just as the sun was rising above the trees. We reached the head of the Moose River in no time and arrived at our campsite, greeting Kieve who had just finished breakfast.

We had the whole day open. From reading to making friendship bracelets, setting up hammock city to floating down the river alongside our campsite, it was our day to relax. Charlotte did it all. After swinging in her tie-die hammock, the most colorful of our cabin, she hopped right into the water to attempt to swim against the current, our very own “water treadmill.”

With so much time on our hands, it was the perfect day for personal pizzas,

too. There was a variety of ingredients including tomato sauce, cheese, basil, pepperoni, bacon, chicken, veggie sausage, broccoli; it was almost too much. Sydney always made a conscious effort to ask if there was cleanup or anything at all she could do to help - super appreciative!

We felt a few raindrops and, although it didn't really rain, it was an excuse to send the girls to a much needed sleep.

### **August 2nd**

Our wake-up was early, but not as early as yesterday. We had a long day of paddling ahead of us. Still, no matter what time of day it was, it was never too early for a game of 20 (unlimited) questions or reciting the script to the first Harry Potter film.

We hit Camel Rips, first of the trip, thrilled at the change in pace. Two hours passed until we got to our second, shorter portage at Holeb Falls. By now, the girls felt confident in their abilities and carried their boats by teams of four in only an hour and a half, with the valued help of Madeline being their eyes on the rooty, narrow uphill and downhill.

We ate a lunch of pepperoni, cheese, cucumbers, and hummus on pita, well-deserved after the past few hours of exercise. Then, we were right back in the water again, continuing through Mosquito Rips. We decided to make camp just before Spencer Rips, to save them for the morning as they seemed the most difficult to read thus far.

We set up camp and jumped in the water to play in the rips. The girls had so much fun letting themselves go with the flow, literally. Grace was especially amused by the unexpectedly powerful current of the rips, laughing as it carried her along.



### **August 3rd**

So, what to do about those rips? You'd think that after splashing around in them, we'd be able to identify the best approach...but looking down on them, all we saw was rocks. We contemplated whether the water level was too low to run them. Caroline N. volunteered to test the route that Olivia, the "cool aunt," had determined the smoothest. The rest of the girls watched intently as the two of them came paddling down the river approaching the rips. In a rather anticlimactic, perfectly maneuvered ride they made it to the bottom with ease. The girls were relieved and, one at a time, boats of two were sent down the rips.

Further along our canoe paddle, we hit our final two rips at Attean Falls. The girls manipulated their canoes with precise paddle strokes to avoid the rocks and reach the flatwater below. We stayed in our boats for lunch on the water. We ate sunbutter, honey, and jelly sandwiches, a staple meal in Wavus tripping!

It was early afternoon when we came to the end of the Moose River and arrived back at Attean Pond. The sky was cloudy and the mountains appeared blue as we paddled a distance more to our final campsite. In the final stretch, Nina gave every last particle of energy, determined to be the first boat to hit the opposite end of the pond. We ended up camping on the sand of Sally Beach, which was awesome!

### **August 4th**

It was the sound of rain against our tent flies that persuaded us to remain tucked in our warm sleeping bags. We were all guilty of sleeping in, only leaving our tents for S&M pancakes. By then it had turned into a light drizzle. The girls were still hungry so we

cooked up some crispy hash browns, the last meal of our Moose River trip, on the beloved Coleman grill. It was an odd morning with the weather and exhaustion finally catching up to us.

However, that didn't stop Paxton from sharing her liveliness even on the dreariest of days. The girls joked around on the sand and in the water, filming silly Go-Pro videos to pass the time before we headed back to the very start of it all.

A quick paddle had us at Attean Landing just as our driver was pulling in. The timing couldn't have been more perfect. We drove to Adventure Bound, where we would sleep in our tents once more to go whitewater rafting the next day!

But as for the rest of the night, it was all about board games, movies, and shower time.

### **August 5th**

Following a debriefing at eight o'clock in the morning, we slipped into specialized lifejackets, tightened our helmets and grabbed a paddle for the day. We divided ourselves into two boats and met our guides, Nick and Morgan, at Harris Station.

We put-in on the Kennebec River, eager for some real whitewater. We paddled sets of Class III-IV rapids with the most awesome names like Big Mama and Magic Falls, getting absolutely drenched while loving every second of it. Caroline H. bravely chose the very front of her boat to capture the epic ride on her Go-Pro.

We stopped right along the riverside for lunch, chocolate chip cookies included, to re-fuel before the next two hours of floating down the comparatively calm section of the Kennebec River. The girls jumped at the opportunity to get out of the boat

and swim while the river was still forming some waves. Others took the inflatable kayak for a ride.

Our trip finally came to an end and we returned to Adventure Bound to view pictures and footage from the day. Whitewater rafting was definitely a highlight of our trip. But what's more was watching this amazing group of girls challenge themselves and each other; that was the ultimate highlight of our trip (yes, even more than J-Scoop).

Caroline Crosley, HBC

## **Penobscot**

### **Bigelows**

#### **July 21st**

We woke up at the normal 7:30 a.m., rushing to get everything packed in our boundary bags before heading down to flag with above average success. After eating a breakfast of champions, the Penobscot crew (aka: the Penubicorns) loaded up the trailer, BooGee Crock (pronounced "Croak"), and hopped into the van, named Deborah Chaco. This started the first part of their ten-day adventure, and the jams coming from car were the following, but not limited to, Selena Gomez and Kat Dealer.

At 12:30 p.m., the campground Round Barn came into view and the girls chose a prime real estate campsite to call home for the four days. The cooking crew, composed of Caitlin, Gillian, Julia, and Ella L (Cado), set about creating a beautifully crafted meal of quesadillas, rice, and beans. After two hours of preparation, the Penubicorns dug in and devoured the fantastic feast, food comas presenting themselves shortly after.

A period of content bliss settled upon the team and at 5:30 p.m. they had a

1st Day Skills Clinic consisting of LNT principles, cleaning, cooking, tarp set up, water filtration, and fire building. For the fire that was to occur later that evening, Gillian helped break sticks and Berkeley tinkered with the gear. Ella Y (Avo), a member of the water filtration team, kindly offered to refill a counselor's water bottle after she discovered a leaf floating inside it.

Then the Penubicorns, including Page, Caroline, Alexandra, and Audrey went to a nearby beach to frolic in the waters while looking upon the mountain we would be climbing the next day. Some of the girls waded in the water to grab some firewood from a neighboring island and others stayed on the beach to quiz each other on LNT philosophy. Dinner of cheeseburgers and s'more roasting were followed shortly after by bed.

#### **July 22nd**

The alarm rang at 5 a.m. and a breakfast of HBOs filled the morning silence. Two hours later, the team headed out to climb Avery Peak, a 4,145 foot feat. Spirits started high as camp songs flowed into radio songs and the mountain grew steeper and steeper. Voices started to die down as it became clear that the hard work of hiking might not be sung away by a couple of songs, and the Penubicorns reached the summit three hours from the start through pure determination and grit.

The girls ate a lunch of sunbutter and jelly sandwiches with grapes, with feelings of satisfaction and tiredness folding in and out of the conversation. From the summit, we observed the landscape and even made out where our campsite was. After an hour of chilling at the top, we descended the mountain.

It started to rain lightly as silence enveloped the group. Nap time followed the climb and after that, an important discovery was made. Lane's GORP bag had an interesting bite mark on it, and upon close examination, the Penubicorns implicated Julia in the heist! The Penubicorns ate chicken parmesan sandwiches in the rain, cleaned up the camp, and went promptly into their respective tents for the evening.

### **July 23rd**

Today, after playing a rigorous game of "Kick the Tea Cup," the crew set out for the summit of Little Bigelow Mountain. In almost opposition to the previous day, the hike up contained little conversation and more appreciation of the nature surrounding them. To Caitlin (aka Cubs) it seemed to transport her to another greener and peaceful world. Step by step, the hours passed, and the girls navigated through slippery rocks, roots, and tempting blueberry patches. As noon hit, it became clear that there was no summit in sight, and a tough decision was made to pretend we had summited. It was not a question of strength, but rather, a question of commitment, for they had committed to a service project with Ranger Leanne later that afternoon.

Fueling up on pep and cheese (Delaney opened her emergency cheese storage), they carefully booked it down the mountain, chatting in excess. The front group, containing Caroline, Julia, Ashleigh, and Delaney, talked about the wonders of horse camp and G-swim. The sweep group talked about life stories and Double Black Diamonds.

At 3:10 p.m., the crew rolled in. They set about immaculately cleaning the campground and asking Leanne about

her job and her role in society. After Leanne surprised the Penubicorns by showing them a beautiful lodge built in the '60s and specifically renovated for the Olympics.

Alexandra, Caroline, and Delaney created a fulfilling meal of pesto mac'n'cheese and peach cobbler cake oatmeal. With an ominous forewarning to be fully prepared for the next day's hike, the counselors giggled as they zipped the rainfly shut.

### **July 24th**

3 a.m....the girls awoke to the sudden and intense noise of their counselors shaking their tents saying, "Get Up! Get Up! We've got ten minutes!" Disoriented but excited, the girls sprang into action and jumped into Deborah Chaco for a surprise sunrise hike. The van turned left out of Round Barn, and the Penubicorn theme song dropped its beat, filling the girls with the wild energy of 17 burning suns. 20 minutes later they disembarked from the van and came face to face with the trail, called Maine Hut.

As their footsteps and lights cut through the dark silence, the team remained quiet in a way that can only be seen in close knit communities. Arriving at the vista by 4:58 a.m., they sat on the provided picnic table eagerly and unknowingly facing west. As the sky grew lighter and lighter, it became clear to the counselors that the girls would not see the rise of the burning ball of gas. As Audrey put it, "Why is the sky lighter on the other side of the mountain?" The crew rolled back through the gnarly trail, disappointed but content.

After a three-hour nap, the group ate bagels with cream cheese, honey, peaches, coconut flakes, and cinnamon followed shortly by a swim where Ella

Y (Avo) commented on the boldness of the Penobscot women for jumping into the water and eventually became a bold woman herself.

10:30 a.m. came upon them and they packed up their humble abode, hitching up Deborah Chaco to Boogie Crock and setting out for Wavus. After two and half hours of eclectic music, a trip to Panera that got a whiff of the fresh smell of mountain sweat, and a P-Scot entrance to our theme song, they arrived safely home, wrapping up a wonderful first leg.

## **Penobscot**

### **East Branch of the Penobscot River**

#### **July 28th**

Today was the first day of canoeing. We ate breakfast with the rest of camp, loaded the bus, got our GORP, and headed out. The four-hour ride was full of laughs, games, and napping.

When we got off the bus, we all felt a bit sleepy, but we brought down our canoes, loaded our gear, and said goodbye to our beloved bus driver Terri as we sat down for lunch. We ate ham, cheese, and hummus on pita bread while sitting on a spider nest infested picnic table.

We set off in our canoes for a 2-mile paddle till we reached a dam. We pulled our boats up to shore and prepared for our first portage. We carried our gear first and then our canoes. Despite sore muscles everyone made it, and we set out once again.

We paddled another mile which included a few rapids and arrived at our first campsite. We set up tents, took out dinner supplies and relaxed with books and a game of Dutch Cup. We all checked out the campsite, and were all relieved to find the outhouses were very nice.

We ate a delicious burrito dinner made by cooking crew Ashleigh, Caroline, Avo, and Alexandra. After that we had banana boats for dessert. Then it was time to clean up and bombproof the campsite which was hard to do with the large number of mosquitos in the air. We ended the night with med minutes and fell asleep to the roar of thunder and flashes and lightning.

#### **July 29th**

Today, we woke up at 5 a.m. and slowly packed everything up. We ate some beautiful cinnamon buns at the spacious Matagamon campsite and started our paddle. All of sudden, Megan and Alexandra heard folk music which no one else could hear initially. Suddenly the rest of the cabin began to hear the music faintly. Megan and Alexandra were baffled because they claimed they could hear the music so clearly. Skyler suddenly realized that the sound we were hearing was the alarm on her phone, which had been in their boat! Skyler Dunfey, one of our camp tripping assistants, joined us as a guide for a portion of the river.

We headed towards our first rapid, Stair Falls. After, we had our first portage. It was very buggy but we did better than we expected. We canoed more and hit a rip. Audrey and Ashleigh tipped on a rock and the canoe needed to be saved by all 4 counselors. Skyler and Jade had to swim after the canoe. It was totally full of water! We regrouped and, following the next rapid, Berkeley and Cubs saw a rock and tried to avoid it, but tipped and were righted by the counselors. Thankfully, those were the only two flips of the trip!

Our final portage of the day was around a very beautiful waterfall.



Finally, we reached the campsite. We spent 5 hours talking and napping and had pesto pasta for dinner, followed by camp songs around the fire. It was a long, hard day but also extremely rewarding.

### **July 30th**

We woke up at 5 a.m. to Jade screaming a “lovely” good morning song. Then, we had a very short paddle to our last portage, which was also our longest. It was hard, but easier than anticipated. We all felt so good after and many of us enjoyed a snack of Rice Crispy treats. It took us a bit over 2 hours.

Then we paddled through Bowlin Falls and waited at a campsite for 4 hours, eating GORP and talking before Skyler and Cado (Ella Laurita) departed in the Red Truck. After saying our goodbyes to Skyler and Cado, we continued to paddle.

During the paddle, Page explained her way of making friends through Instagram and Snapchat and taught Jade, being an old fart, just what those things were. Eventually we reached a very pretty campsite, its canopy consisting of evergreen trees and a forest floor padded with soft pine needles. One particular tree even had beautifully colored orange mushrooms stair cased around its trunk.

Unsure of whether we had paddled far enough or not, a discussion occurred over ‘pep-less’ cheese pita sandwiches, until from out of the horizon popped out Laurie. After chatting with her and seeking her guidance, we confirmed that we had indeed, gone far enough that day.

After dinner, the counselors, believing we weren’t capable of making friends in high school without Instagram and Snapchat, held practices of how to

make friends. Avo (Ella Yellin) and Cubs (Caitlin) did extremely well at this activity. This day ended with star gazing!

### **July 31st**

Today we woke up at 7 a.m., which felt like sleeping in compared to the previous 5 a.m. wake-ups. For breakfast we had bagels with cream cheese, sunbutter and honey. Then we had a short paddle and during it, saw the lady Laurie once again. Gazing out over the river, it seemed pretty still, and looked like glass, creating a beautiful reflection.

For lunch, the cooking crew created grilled cheeses and tomato soup. Going on flawed science, the crew put in twice the amount of water necessary in the soup as Audio (Audrey) mentioned that there were 16 ounces in a cup. The Penubicorns mutually agreed that this was done to be better hydrated for the next day’s long paddle. They also agreed to listen more in school.

The team started in on a curious game where the crew tried to roll around a log without touching the ground. Julia’s unique strategy at this game ended up not ultimately successful but provided a lot of laughs for the cabin. This mildly entertaining feat took up an hour before everyone took a large nap.

Eventually some people ventured out from their resting places to swim and Berkley happened to collect a particularly sharp water reed in her knee in order to get around Megan’s strict LNT policies. Pizza filled our tummies for dinner, and we chilled until falling asleep.

### **August 1st**

We awoke to the dim light of 4 a.m. Led by the fearless and confident Lane, we started paddling. After about

two hours of scouting and paddling Whetstone Rapids, we eddied out and ate a breakfast of a handful of oats and dried fruit. Yummy!

Then we paddled for about 16 miles before reaching Grindstone Rapids. During the 16 miles, we saw an eagle about seven times and knew it was the spirit of our friend, Laurie, guiding us through the East Branch. While scouting rapids, Jade found an old horseshoe. She was going to take it with her to have luck on the rapids, but as soon as Delaney "ate her luck," Jade fell straight into the water after stepping into her canoe.

Grindstone Rapids were really fun! We paddled a few more miles to get to our campsite, which was a beautiful complex with working toilets. After paddling a full 21 miles, we were so happy to be able to swim and relax.

After an energizing nap, we enjoyed a myriad of foods in a meal which we dubbed "Extrava-pasta." This consisted of pasta, broccoli cheddar soup, and the Wavus classic, gado-gado. We finished the night with scrambled brownies while sitting around the candlelit picnic tables and had Audrey and Ashleigh come up with a mythical background story. This was followed by a group sing-along and, finally, silly tent time.

### **August 2nd**

We awoke at 6 a.m., prepared our canoes, and then wrote trip notes from the previous days as our counselors attempted to make S&M pancakes. The absence of cooking oil meant these turned into scrambled pancakes, but it was decided that this riff tasted even better than the original!

After our breakfast, it was time to head out on our final day of paddling: a short 4 miles which included our final set of rapids. Once we pulled our

canoes onto the soft yet supportive sand of the Medway pickup location, we knew that we had made it.

As we waved goodbye to the East Branch, the Penubicornes were very proud of all we'd accomplished in the past 6 days.

Everyone enjoyed Medway's pristine playground as we waited for our Wavus pickup and began fantasizing about the delicious food we were planning on consuming at Moody's Diner on the way home.

Moody's did not disappoint and we arrived back at camp feeling the fullness of our trip as much as the fullness of our stomachs.

Jade Koenings, HBC

## **Allagash I**

### **Allagash Wilderness Waterways**

#### **July 21st**

Today we woke up at 4:45 a.m. eager to begin our trip. After loading the trailer, we had breakfast at Wavus and then hit the road. We drove up north for about four hours and were dropped at Hannibal's Crossing.

After unloading the canoes from the trailer, we ate a delicious lunch of turkey, cheese, and hummus. We then started our paddle to Big Island. Once we arrived at Big Island, arguably one of the best campsites of trip, we unloaded our canoes, set up our tents, and went for swim in the river. It was a hot and sunny day, so our swim was a much-needed treat. After swimming, we had bacon avocado burgers for dinner and then went to bed.

#### **July 22nd**

Today we woke up around 3:30 a.m. for our longest and hardest day, the Mud Pond portage. For breakfast we had yogurt and granola and then quickly loaded our canoes and headed

for Mud Pond. We had a lovely morning of paddling and watched the sun rise on the river and saw a moose in the distance.

After multiple hours of paddling, we arrived at Mud Pond by lunch time. After lunch of turkey, cheese and hummus sandwiches, we set up our tents and got ready for our portage. Lucy led us in a pump-up speech and then we were off.

Although the portage was difficult--walking through waist-high mud and over fallen trees for two miles--Gash 1 showed inner strength, determination, and perseverance for the entire portage. Keegan and Sacha really shined on the portage. They quickly finished their canoe and then went back to support their cabin mates as they finished the portage. We finished the portage in about three hours, getting all the boats to the other end before dinner.

After a long and exhausting portage, we had a delicious dinner of pesto pasta and chicken. Right before bed, we each ate a Milky Way as a dessert to celebrate all the hard work of the day.

### **July 23rd**

Today we woke up early to a bit of rain. We put on our rain gear, packed up our tents, and had a quick breakfast of bagels, cream cheese, and blueberries.

After breakfast, we began portaging our gear to finish Mud Pond. It had rained a bit that night, so we were able to float our cooler and wannigan for part of the way. At the end of the portage, we had a quick snack break then slid our canoes into Mud Pond.

Feeling a sense of relaxation and accomplishment after completing the portage, we began paddling on to Mud Brook. Once we got to Mud Brook, we

learned that the brook was dry and that we would have to portage around it. The girls of Gash 1 crushed this impromptu portage in about an hour.

After the portage, we had a delicious lunch of sunbutter and jelly on a rocky beach before paddling down Chamberlain Lake to Boy Scout campsite. It was a beautiful, calm paddle with lots of laughter and games.

At Boy Scout, we took a quick dip in the lake to wash off the mud and then had a rewarding dinner of pizza with scrambled brownies for dessert.

After a long day of portaging and paddling we went to bed feeling accomplished and eager for our resupply the next day. We slept like logs.

### **July 24th**

Today we slept in until 7:00 a.m. After a delicious breakfast of oatmeal and dried fruit, we packed up camp and paddled the short distance to our resupply at Chamberlain Bridge.

When we arrived at the bridge, we were greeted by Sarah Kaplan with cookies, Gatorade, and mail and shortly after, we began paddling up Chamberlain Lake.

Although it was a beautiful, sunny day, the wind was extremely strong on the lake. Due to the strong winds and white caps, we had to pull over to a beachy cove to wait for the wind to die down. We then ate turkey, hummus, and cheese sandwiches for lunch. While waiting on the side of the lake, we played games, read books, and hung out in the sun--an impromptu beach day.

Around 6:00 p.m. the wind died down and we started making our way up the lake. While paddling we watched the most beautiful sunset and

Adelaide and Kass led us in a fun sing along. Finally, we arrived at Rocky Cove campsite where we had chicken parmesan for dinner and then went to bed.

### **July 25th**

Today we woke up and had a delicious breakfast of yogurt and granola and then continued to paddle up Chamberlain to Lock Dam. Once we arrived at Lock Dam we had a quick snack break before beginning our small portage around the dam.

Once we finished the portage, we paddled for a while until arriving at the trains (abandoned logging trains) on Eagle Lake for lunch. While we explored the trains, we ate pep and cheese and apples for lunch.

After lunch we paddled to Lone Pine. It got windy just as we pulled in. We set up our hammocks and relaxed for a few hours enjoying the sun and the breeze. Allie, Keegan, Adelaide, and Sacha set up hammock city while Taylor, Jane, Olivia, Lizzie, and Kass played cards all afternoon. For dinner we ate burrito bowls with chicken and avocado.

### **July 26th**

We all woke up around 5:30 a.m. For breakfast, we had bagels with cream cheese or sunbutter and jelly. Then we started paddling to our next campsite. It wasn't very windy, so it was an easy day of paddling apart from the rain that began midway through our paddle. We took a few breaks here and there, and on the way, we told a couple movies.

Our campsite, Jaws, had a beautiful view and a great beach. When we arrived, it was still raining so we all hurried to get the gear up and flip canoes. The counselors set up a tarp over the picnic table while we set up tents. Then we had a lunch of breakfast sandwiches and hash browns.

After lunch, we all changed into dry clothes and rested in our tents until the rain passed. The rain eventually stopped, and we went swimming before eating dinner of mac and cheese with Ritz crackers. We then did a quick rapids lesson afterwards in preparation for Chase Rapids tomorrow morning. Just as we were going to bed, we caught a beautiful sunset over the water.

### **July 27th**

Today, excited to start the river and especially the rapids, we woke up and ate sunbutter and jelly before setting out. We paddled to Churchill Dam, where we met the ranger. We piled our gear into the back of his truck, which he took down the river. We checked out the history museum, where we learned about logging in Maine and saw a photo of Kieve paddling the Allagash many years ago!

Around 8:45, we went down Chase Rapids and it is safe to say that the rapids were tons of fun, the best kind of water park around! The largest sets were at the beginning, followed by some Class 1. No boats flipped, and it was a great adventure.

After we picked up our gear and reloaded our canoes at a bridge, we paddled on down the river, which opened into Umsaskis Lake. Between Umsaskis Lake and Long Lake, we pulled over at a campsite for an hour or two to eat lunch and wait out a thunderstorm under a tarp. We passed the time by playing Fly By Night Stand and other games.

When the storm passed, we set out for a short paddle to Grey Brook campsite. We ate a hot dinner of grilled cheese and tomato soup then relaxed for a bit in tents and by the beautiful water after a full and exciting day before hitting the hay.



## **July 28th**

This morning we woke up and had cereal for breakfast. We took down our tents and started our day. We paddled down Long Lake before reaching Long Lake dam, where we portaged our canoes up and through a campsite to the river. We stopped for a snack break at the grassy site before setting off once more.

The river was nice and sunny, and we told stories and movies to each other to pass the time. Eventually the river emptied out into a pond and we soon arrived at our campsite, Outlet. We also met a nice ranger, Nathan, who insisted that we paddle 200 yards backwards to a cold spring. Alas, we would have to filter even that water and decided simply that we would never go to the cold spring.

At our campsite, we swam and set up hammock city. It was a grassy, open campsite with a great view of Round Pond and the surrounding mountains. For lunch, we ate sunbutter and jelly. This tasted delicious after our morning paddle.

In the afternoon we all relaxed on the beach and in hammocks, playing games, writing letters, and reading. Dinner was couscous with curry and chicken, which was very spicy and very delicious.

As the sun set, it began to drizzle, so we all got in our tents and wound down after our exciting and relaxing day.

## **July 29th**

Today was another nice and early morning. We took our tents down and had oatmeal for breakfast. After paddling for about an hour we saw a moose! It was very cool to see!

We paddled for a long time and to pass the time, we told more movies and sang songs. We stopped at the

Michaud Farms ranger station for lunch and water, where we also saw our old friends from Chamberlain Lake. It was great to see them as they completed their journey and as we were on the final days of ours. How far we have come!

After getting lunch of pep and cheese and stickers, we had a short paddle to Allagash Falls. We picked out a nice campsite and dropped our gear there before portaging our canoes to the beach. It was another quick and successful portage.

We set up camp and swam near the falls for nearly an hour! The water was cool and refreshing. We swam down a small rip and climbed the rocks next to the falls.

After swimming, some of us hammocked while others sat in tents. We had fried rice pilaf with soy sauce for dinner. It was super good! We got Milky Ways for dessert and some of us brought our sleeping bags down to the beach to stargaze. It was amazing! It was a long, relaxing day, and the next day, we didn't have to go anywhere!

## **July 30th**

Rest day! Today, we slept in as late as we wanted and had sweet S&M pancakes for breakfast around 10:00 a.m. We spent the day reading in hammocks, talking, napping, exploring, soaking in the sun by the falls, and swimming lots and lots. We slid down rapids, jumped off rocks, and let the current carry us. Taylor even brought out her sleeping pad to use as a raft in the river.

For lunch, we ate cheese quesadillas and rice. The afternoon was filled with more good times and lots of swimming. For dinner, we had "Thanksgiving," which was potato pearls, chicken, and stuffing. Before eating, we all

went around and said what we were thankful for.

After dinner, some of us went down to the river while others built a fire. The fire was tough to start after rain the days prior, but with lots of coaxing it eventually roared. We roasted lots of marshmallows for s'mores and went to bed quite content after a wonderful rest day.

### **July 31st**

Today, we woke up around 7:30 a.m. We had a wonderful breakfast that consisted of hot cocoa with marshmallows and two granola bars with sunbutter.

We left Allagash Falls and paddled on the river for about 10 miles. Today, those who had been paddling in the bow switched to have a go at the stern, which was fun. Jane, Olivia, Allie, Kass, Taylor, and Lizzie crushed it in the stern for the first time today.

We took a quick stop at the Allagash Sign and snapped some cabin pictures. We had a short paddle after that around the corner to East Twin Brook campsite. The campsite was very beautiful, as it sits up on a ledge above the river with great hammock sites and wonderful swimming. We ate sunbutter and jelly for lunch on our favorite pita bread.

We all rested, read, talked, and swam across the river to the little island to soak in the sun on the rocky beach. After a nice day, we all sat down and had pesto pasta for dinner.

Before going to bed, we played a cabin-wide game of Kent. Overall today was a very relaxing day! Trip has sure flown by.

### **August 1st**

This morning we woke up for our last morning of paddling. We had a yummy, modge podge breakfast of scrambled cornbread with honey and

scrambled S&M pancakes. We set off on our last journey.

After 5 or so miles, we came to Allagash Village, where we walked through Debby's Field and across the bridge, passing behind the municipal center (which contained the ambulance, fire station, library, town office, school, and other town services). We got bread and continued on our way. Everyone who lived there was very kind.

After the bridge, the Allagash River bended and met up with the St. John River. We paddled down some fun rapids, and at this point the river was much wider with big sloping banks. We stopped after a while of paddling for a lunch break of sunbutter and jelly and skipped some rocks before continuing.

Not much of our paddling remained, and although we were all excited for pizza and hopefully a grape or two, we couldn't believe it was our last time paddling. We had a fun last couple hours paddling down the rapids and standing up in our boats.

When we got to Pelletier's, we brought all our gear and canoes up to the campsite, then set up a mega camper tent with all three tents pushed together. We ate chips and Oreos, the taste of success.

Around 5:00 p.m., Dave drove up with so many pizzas, Coca Cola, and an assortment of Doritos. It was so delicious and incredibly filling. After dinner, Lucy taught us all to solo portage the canoes. We loaded up the canoe trailer and then climbed into our mega tent for our last night on the Allagash.

### **August 2nd**

This morning, we woke up around 5:30 a.m. to take down camp and finish packing the trailer. We ate Honey

Bunches of Oats for breakfast, and when Dave came, we were 100% ready to take off.

We headed out at 6:30 a.m. for our drive down Maine. We all brought out sleeping bags in the van, like usual, and had our graduation ceremony as we drove. We stopped for a well-deserved Panera Bread lunch and pulled into camp around 2:00.

After cleaning our trip gear, we had our epic “Shark Attack” entrance at G-swim. It was a huge, hype success. Shark attack! Gash is back! What an awesome time we all had on the Allagash. Here’s to mud, paddling, laughter, and memories.

Alison Obstler, HBC

## **Allagash II**

### **Allagash Wilderness Waterways**

#### **July 25th**

We woke up in our comfy beds for the last time for two weeks. Getting an early start, we packed up our stuff and had our last breakfast at Wav. We left around 6:00 a.m. and were happy to have Dave driving us. The van ride started out with everyone sleeping, but slowly we all got more excited as the day, and van ride, went on.

We got to Hannibal’s Crossing around 11:00 a.m. and unloaded our gear before saying bye to Dave. We had yummy sandwiches for lunch and everyone ate quickly because we were excited to paddle.

It took us about three hours to paddle to Big Island, our campsite for the night. We had great weather for the eight-mile paddle and the beautiful scenery, along with seeing a moose up close, kept everyone’s good mood up!

Then, we set up our tents and enjoyed a nice evening before having bacon cheeseburgers for dinner and enjoying

cookies before going to bed early to get ready for our first full of paddling tomorrow!

#### **July 26th**

Today we woke up at 4:00 a.m. and had breakfast sandwiches before breaking down camp to head out for our first full day of trip! Although the weather wasn’t great - gray skies and rain throughout the day - the girls made the most of it by telling stories and singing songs the whole way.

During the twelve-mile paddle we had to drag our boats several times due to low water levels but, despite the weather, everyone enjoyed the pretty views.

After our first small portage of the trip, we finally made it to the start of the infamous Mud Pond portage trail and we stopped at our campsite to have lunch before we began. Everyone paired off with their portage partners and began to take canoes. Due to the entire cabin working together, we were able to finish all but one of the canoes in three hours!

Everyone reconvened back at the campsite to enjoy huge helpings of burrito bowls and to swap stories from the portage. Later, we all headed to bed to get some much-deserved rest.

#### **July 27th**

It was another early day but this time we woke up to sunlight instead clouds. Yay! We had toasted bagels for breakfast and even had some Milky Way bars as a “yay-we’re-almost-done-with-Mud-Pond” celebration. Although we woke up incredibly sore and tired from portaging the boats the day before, the girls were amazingly positive and gathered up the gear to set out on the portage trail for the last time.

All the girls were so impressive and completed the gear in just another three hours! Molly, Emily and Mampa were awesome and took the last canoe with everyone working together to get the boat to the end! Then we had celebratory Rice Krispy treats before continuing on to Mud Brook, which, due to low water levels, we had to portage as well. Even though this wasn't what anyone wanted to do after finishing Mud Pond, all the girls persevered and got the almost mile long portage done in just an hour!

As we got back on the water to paddle to our final destination before tomorrow's resupply, there were storms approaching so we decided to stay at the Mud Brook campsite and paddle the rest of the way in the morning. After waiting out the storm, we had a three-course meal consisting of quesadillas, mac 'n' cheese and Oreos before finally going to sleep after an incredibly long day.

#### **July 28th**

Today we all woke up refreshed and ready for resupply! As we paddled across Chamberlain Lake, we got to see some extraordinary views, and everyone pulled out the GoPros to capture the beautiful early morning.

At resupply, everyone was psyched to get new clothes (goodbye gross Mud Pond shoes), a lot of food and of course, mail! We hung out there with Greta while getting caught up on what had been happening at camp and enjoying the treats everyone was sent. Specifically, everyone loved the cupcakes and a letter from the Respect cabin!

After eating enough candy for an army, we loaded our now extremely full canoes and began paddling back across the lake to our campsite. Due

to weather, we decided to play it safe and stay at Rocky Cove campsite for the night and to hopefully enjoy some sunlight before the storms approached. Everyone loved getting to swim for the first time on trip and dry out our tents while Addy and Sara had a great time playing cards. We all enjoyed chicken parmesan for dinner and then headed to bed to wait out the storm.

#### **July 29th**

This morning we, finally, woke up to a clear sky! We paddled across Chamberlain Lake with minimal wind and made it to Lock Dam where we portaged our gear. Darcy, Sam, Sara, Addy and Mampa even solo'ed canoes!!

Then, we paddled to Eagle Lake towards our campsite for the night. Although the lake was beautiful, the headwinds were most definitely not our favorite and the rain on the way didn't help. Despite the weather, everyone stayed positive and we got our campsite, Ziegler, in time for a yummy lunch. We were pleasantly surprised to see a deer incredibly close to us at our campsite, although Emily was less than enthused.

We set up camp and had a much-needed rest hour before enjoying pasta alfredo for dinner. Darcy made a fire for us to cook s'mores on and we all had a great time enjoying our sweet treats. Then, we did a round of rose, bud, thorn and headed to bed excited for our, hopefully, easy paddle tomorrow.

#### **July 30th**

We woke up at our now normal time, 4:00 a.m. and packed up camp. We had a short paddle today, but we wanted to beat the winds on Churchill Lake. We paddled quickly and efficiently but also stopped to take in the beautiful

early morning fog on the lake which prompted many pictures and GoPro “vlogs” from Molly and Natasha.

We got to our campsite called Jaws at 8:30 a.m. that morning and spent the rest of the day relaxing. Darcy, Sam, Addy, Sara and Blakesley all set up hammocks to enjoy resting and relaxing in while Natasha helped us prepare lunch for the day. We spent the rest of the time swimming and reading a lot, along with making considerable dents in our GORP bags.

We had pizza for dinner and then Charlotte and Cricket decided to do a workout circuit to tire themselves out before going to bed, excited for Chase Rapids tomorrow!!

### **July 31st**

We got to sleep in a little today because we were running Chase Rapids today! Everyone was extremely excited, and we set off to paddle the rest of Churchill Lake and get to the dam.

While we waited for the ranger to get things in order for our portage, we wandered through the small museum they had and were all excited when we saw an old picture and small article talking about Kieve and Wavus! Once the ranger, Leif, was ready, he portaged our gear for us so we could run the rapids dry.

Everyone strapped on helmets, life jackets and GoPros before setting off. The rapids took about an hour to go down and everyone absolutely crushed it. No one flipped!

From there we enjoyed river paddling before transitioning to Umsaskis Lake, where our campsite was. We got to the site, Ledges, around lunch time and set up our tents. We had rest hour and then enjoyed throwing a frisbee we found around before dinner. Emily and Cricket especially loved the frisbee

while Darcy helped cook dinner!

We had quesadillas again and everyone loved them. After dinner, while we were all hanging out, Sam made her usual rounds of hair braiding before we all said goodnight.

### **August 1st**

Today was a long day, but a good one! We decided to combine two days' worth of paddling so we could enjoy a well-deserved rest day at Allagash Falls. We started at Ledges and left around 6:00 a.m. - a later start than usual for us. We paddled to Long Lake Dam where we saw Kieve, still asleep, before we began to portage. Darcy and Mampa solo'ed again and we all enjoyed looking at the cool abandoned railroad site. We rewarded ourselves with Rice Krispy Treats before heading out to continue our day of paddling.

We had peanut butter and jelly sandwiches for lunch on the river while taking in the pretty sights along with the good weather! There were some small rapids on our paddle and we even had to stop for several minutes to get around a moose and its calf!!

We made it to our campsite called Turk Island around 2:00 p.m. that afternoon, so we all got in a good swim/bath before having pesto pasta for dinner and some Oreos for dessert. Blakesley specifically loved dinner tonight and everyone went to sleep incredibly full and excited that tomorrow was our last day of paddling before our rest day!

### **August 2nd**

While today was one of our longest days, it was as amazing as all the others so far. We had 20 miles to paddle before we got to Allagash Falls, but we began with high spirits that stuck throughout the day. The weather started out cloudy but, luckily, quickly cleared up as the



day, and our paddling, went on. We ended up paddling incredibly quickly even though we had to drag our canoes in multiple places along the way. The entire paddle for the day only took us four hours and we were at our campsite by 10:00 a.m.!

Once there, we portaged our boats before we enjoyed lunch plus a long, and well deserved, afternoon of rest. When we all woke up, we grabbed our cameras and walked down to the beautiful falls. After taking lots and lots of pictures and videos, we went back to our campsite to start dinner.

We had S&M pancakes and then had a campfire with the Kieve cabin.. Mampa even performed her "Hamster Rap" for everyone! Then we all retired to our tents hoping for good weather and very excited for our rest day tomorrow as well as getting to sleep in.

### **August 3rd**

We woke up without any alarms today! Yay! Everyone still woke up around 8:00 a.m. but we all felt extremely rested and excited for the day. It was bright and sunny! Just what we needed. We had hash browns for a late breakfast, then grabbed our swimsuits and headed to the falls for an afternoon of swimming.

After having a very long and very thorough photo shoot, Mampa was the first one to jump in at the falls. Molly went next, getting lots of photos and videos on her GoPro. Everyone followed suit and soon we were all in the water hanging out and playing games. Everyone jumped off the rocks and enjoyed floating down with the current.

Then we went exploring further up the falls (mostly for more photos) and then came back down to the base to dry

off. We saw Wavus Gash III and loved catching up with them and talking about trip experiences!

After that we went back to our tents and rested before having ramen for dinner and cookies for dessert. Then we went to hang out with Gash III before going to bed happy and rested.

### **August 4th**

It was a little harder to get up today due to our lazy day yesterday, but we eventually made it up and out of Gash Falls. We paddled, in the rain, to Debby's Field. Unfortunately, the paddle involved a lot of dragging our boats through the shallow water, but the weather eventually got better, making it more bearable.

Debby's Field was a nice site with lots of grass, so everyone enjoyed laying out things to dry before going to rest. We had broccoli cheddar soup and couscous for dinner and everyone absolutely loved it. Then we all headed to bed excited for our last day of paddling!

### **August 5th**

We slept in today, again, as we were in no rush to finish the last 9 miles of our trip. Everyone got to pick their own paddle partners today which was very exciting; plus, the weather was great for our last day of paddling.

We took our time paddling and had a great time with the several sets of rapids we had. They were a nice break from the dragging that we had become used to. We had more PB & Js, facilitated by Sam, for lunch on the river and then finished our last day of paddling at Pelletier's campsite.

It was slightly sad to see everyone portaging for the last time but also, yay no more portaging! We all set up the tents for the last time and then relaxed before practicing our entrance while we

waited for Dave to bring us dinner.

He showed up around 5 p.m. and we were so excited! He came bearing six pizzas, Coca-Colas and Doritos!! Sara especially loved the Coca-Colas, having several by the end of the night. Everyone ate so much we could barely load the canoe trailer later on without falling over. After we were able to safely move, we loaded the trailer and enjoyed our last night all together on trip.

We spent lots of time with all of us in one tent (it was very hot in there) talking and reminiscing about our trip coming to an end. Before going to bed everyone took a vote on where to go to lunch tomorrow and Chipotle (not a surprise) won! Then everyone went to bed dreaming of Wav and Chipotle.

### **August 6th**

We woke up early again this morning, 5:00 a.m., for the last time this session. We packed up all our things one final time and waited for Dave to come pick us up and return us back home to Wav! While we waited, we made sure to check for trash and other things that may have been left behind at the campsite.

After successfully triple checking to make sure everything was LNT, we got into the van and began our long trip back. We stopped in Bangor for Chipotle and Mampa finally found out who won The Bachelorette (not who she wanted). She was reconciled with the yummy and incredibly filling burritos at Chipotle before we returned to the van where everyone proceeded to slip into a post food nap.

As we approached Wav everyone became increasingly excited for our entrance and, despite technical difficulties, everyone had a great time during it but, of course, the highlight

was finally seeing all our friends at camp! Then we started cleaning and enjoyed showering, reading mail, and wearing cotton before going to sleep in our warm and comfy beds.

Caroline Jessup, HBC

## **Allagash III**

### **Allagash Wilderness Waterways**

#### **July 26th**

Allagash III woke up at Wavus in the early hours of the morning, excited for trip and facing pouring rain! Despite the weather, spirits and energy were high for our very first day. We loaded our gear, hopped in the van, turned on the music, and were off!

It took almost five hours, three rest stops, some invigorating world music courtesy of our driver Dave, but we finally made it to our drop-off spot at Hannibal's Crossing on the Golden Road. We paddled for almost three hours down the scenic West Branch of the Penobscot River, seeing both a moose and a bald eagle from afar.

Our campsite for the night was Oulette's and was very spacious, right across from Big Island. We had yummy burgers for our first trip dinner, then hit the hay after a long day!

#### **July 27th**

After another early wake-up, Allagash III packed up the campsite and began the long day's paddle. We continued along the West Branch of the Penobscot, eventually entering Chesuncook Lake. After passing under a bridge, we dragged and paddled our boats upstream on Langley Brook. Eventually, we reached the red bridge that marks the beginning of Umbazookus Lake, where we had our first mini-portage.

After, we paddled along the lake, scouting the beginning of the Mud

Pond portage trail. Once we found the rocky beach, we carried our gear to the campsite a minute or two down the trail and quickly set up camp and ate lunch. We then prepared to begin portaging canoes. 45 minutes in, we arrived at the road that marks the tenthway point, and it begun to thunder! We all returned to the campsite and hastened into our tents before the storm broke.

It rained for the rest of the day, so we spent the evening playing cards and eating large scrumptious pizzas in the tents. Finally, it stopped raining, but we fell into a peaceful slumber soon afterwards, preparing for another big day tomorrow.

### **July 28th**

For our second day at Mud Pond, we woke up early and started with gear! Bridget and Paige were brave enough to take the heavy wannigan and had lots of laughs. TC took the bread barrel all by herself, and totally crushed it despite the challenge. Everyone rocked the gear, taking it all in one go!

Then we returned to the road to get our canoes. The rain from yesterday had worked in our favor, and much of the muddy stream had overflowed allowing us to float our boats through parts of the portage. It was challenging, but we got it done!

After a short paddle across Mud Pond, we faced a second portage—Mud Brook! This one was a lot shorter and we raced through it, already expert portagers after finishing Mud Pond.

Our long and formidable day ended with great energy as we had a beautiful paddle along Chamberlain Lake, with almost no winds and a gorgeous view! We dined on Milky Ways during a snack break to celebrate the day's successes, followed by a pasta feast at the Thoroughfare campsite.

### **July 29th**

Resupply Day! We woke up later today, since we were close to Chamberlain Bridge—our rendezvous spot with Greta. After a nice breakfast of HBOs, we were off to the resupply! We traded our gross Mud Pond clothes for new clean ones and picked up lots more food for the rest of our trip, along with opening some letters and packages from home.

After a picture and a goodbye to Greta, we headed off for our day of paddling up Chamberlain Lake. We ended up pulling over at the Mud Brook campsite, after wrestling strong headwinds for most of the day.

For our resupply dinner, we had chicken stir-fry and rice—a fan favorite!

### **July 30th**

We woke up early at the Mud Brook campsite on Chamberlain for a big day of lake paddling! As the sun rose over the lake, we headed north towards Lock Dam, taking in the view with almost no winds. After a short suitcase carry around the historic dam, we ate a snack and hopped back into our boats.

Our resident ornithologist Mae pointed out two owls swooping overhead to the rest of the group—an unusual but exciting sight! Making our way up Eagle Lake, we chatted about Disney Channel and played Twenty Questions, and Sophia made up an Allagash version of the Phineas and Ferb theme song for us to all sing along to. Along the way, we took a small detour for a snack and some sightseeing.

In a small inlet on Eagle Lake, we walked down a short trail lined by cool old rusting logging railroad artifacts. At the end, we were stunned by the

majestic sight of two huge, 1920s-era trains! Needless to say, we took quite a few pictures. We ate our whole apples down to the stem before departing the tracks back to the day's paddle.

When we reached Pump Handle, our campsite, we were greeted by a generous stretch of beach with two very spacious campsites and a pretty nice outhouse! We took the "right" site, and spent the afternoon enjoying the location by reading in the sun on the beach and playing Uno.

After a late afternoon nap, we were met with burritos for dinner! They soon turned into burrito bowls with side tortillas but were still the pinnacle of marvelous taste. That night, we hosted a campfire for ourselves and made s'mores. All good days must come to an end, and, after the fire was out, we sank into our sleeping bags as the sun sank below the horizon for a good night's rest.

### **July 31st**

Although today was going to be a short day of paddling, we woke up early to get a head start and beat the winds on Churchill Lake. We had a quick breakfast of granola bars and hit the water. While we were paddling, Mae and Lily spotted a bull moose chewing on leaves along the side of the river! Although we kept our distance, it was awesome to see such a large animal just hanging out.

After this special sighting and a scenic paddle up Churchill Lake, we arrived at Jaws around 9:15 AM. Lucky enough to be the only people at this gorgeous campsite, we picked the first campsite that opened to the beach. After setting up tents, everyone enjoyed a hot brunch of breakfast sammies. The cabin spent the afternoon lounging on the rocky beach, reading, napping and

playing cards—a nice restful day after our busy start to trip.

The day ended with a filling dinner, then the girls learned little tips about how to navigate a river in preparation for the much-anticipated Chase Rapids tomorrow!

### **August 1st**

Our very first day on the Allagash River! Today, we were so excited to wake up because it was Chase Rapids day! We started with a quiet paddle over to Churchill Dam, arriving a little bit before the ranger. As we waited, we checked out the small museum and filled up our water bottles at the spigot. Eventually, the awesome ranger Leif arrived and helped us load our gear into his truck to be ferried around. After a photograph on the dam, a pump-up speech, and some helpful tips from Leif, we were off!!

The rapids were super fun and it was a nice easy paddle with empty boats, bows calling out rocks and sterns steering around them. Bridget and Sophia got momentarily spectacularly stuck on rock, leaving the rapids with a great story to tell and smiles on their faces. We soon found our gear waiting at the washed-out Bissonette Bridge and celebrated a successful run with chocolate Rice Krispie treats!

The rest of our day was a short paddle to Ledges campsite, where we got to set up our tents on a small ledge overlooking the beautiful Umsakis Lake. We spent the afternoon playing many card games—with Hearts and Presidents being two favorites.

After a deep afternoon nap, we were woken up to yummy and messy mac and cheese!! It was very delicious, but a feat for Paige, TC, and Rachel to clean up. Eventually, the pot was sparkling and spotless, and everyone headed



dinner. Paige lost her jibbit in the river, but thankfully some of her cabinmates were there to save the day and help her retrieve it!

We had spectacular creamy pesto pasta and toasted English muffins for supper. After cleaning the dishes, Oreos suddenly came raining out of nowhere, after being found as a surprise at the bottom of the bread barrel! Everyone went to bed with a full and warm belly ready to conquer the last couple days of paddling, spirits high as ever!

#### **August 5th**

After having a day of sleep the day before, everyone was wide awake for another early morning wake up! We had a quick breakfast of HBOs and said our final goodbyes to the gorgeous waterfall at Allagash Falls.

The morning consisted of an entertaining paddle through some thin fog on the winding river. Due to the shallow water levels, there was a lot of dragging, as well as some exciting rapids towards the end. We stopped for a quick snack of fig newtons and a photo shoot at the official sign that read- LEAVING ALLAGASH WILDERNESS WATERWAY! Our trip was unfortunately coming to an end.

As we finished our journey on the Allagash river, we continued it on the St. John's River. As we paddled around one of many river bends, BAM—there was civilization! We had entered Allagash Village and were close to our campsite, Debbie's Field. After a lunch of our favorite, SB&J, there was some downtime in the afternoon.

While Bridget, Paige and Mae were pumping 13 water bottles, Lily came back from a stroll around Allagash Village with a wonderful surprise! She held four giant and cold chocolate milkshakes, having used up the last

of the milk at the local spot "The Ice Cream Place"! Everyone demolished the treat instantly, much appreciated in the hot sun. Debbie herself made a cameo appearance at the field soon after, along with her adorable dog named Benji.

For dinner, there was a marvelous meal of chicken and beef ramen which everyone had been craving. After being woken up by some rogue fireworks set off on the nearby bridge by some Allagash Villagers around 10:00 p.m., everyone had a peaceful slumber in Debbie's Field.

#### **August 6th**

Today we had a sleep-in until 6:30 a.m., but because of the roaring logging trucks and our general excitement for the last day of paddling, everyone was mostly up at 5:00 a.m. Since today was going to be a short day of paddling, we took our time to pack up camp, having a hot breakfast of oatmeal.

The squad hit the water around 7:30 a.m., sun-screened up and ready to go! Even though it was our last day of paddling, there were plenty of thrilling rapids to keep things interesting. We reached our final campsite around 10:30 a.m.

While the counselors greeted Norman, the owner of the lovely Pelletier's Campground, the girls hauled up all the gear to the campsite and then attacked their final portage of the trip. Everyone portaged two boats from the water all the way up a hill to the campsite. We were all so proud to have finished the Allagash trip, and celebrated with, of course, SB&J.

The afternoon consisted of adventures to the water spigot to clean our hands with REAL soap, as well as reading and playing cards. Dave arrived at our campsite with greasy pepperoni

back to their warm sleeping bags for another night's rest.

### **August 2nd**

We woke up early at the Ledges campsite and set off back onto Umsaskis Lake and into Long Lake. Long Lake, as the name suggests, was long, but we made the time fly with games of Twenty Questions. Rachel totally stumped us with some non-tangible items, such as "the number one." We were lucky enough to see more moose along the way, spotting a family of three across the lake and another one in the trees further on!

Long Lake Dam marked another short portage, where we again had a quick snack before heading back onto the Allagash River. At some spots, it was shallow enough we had to drag, but we hit some cool rips and rapids along the way before we reached our campsite on the picturesque Round Pond.

During another afternoon of card playing and reading, we watched a sea plane take off and land on the pond near our campsite, which was awesome. After a very long and fun post-dinner chat, including a lesson on spruce and pine trees from Mae, we headed to bed in good spirits, amped up for another day.

### **August 3rd**

Today we woke up bright and early, ate a breakfast of HBOs, loaded the boats and started our power paddle to Allagash Falls! The paddle was very thrilling with many rapids and rips. Everyone was having a blast! However, since the water levels have been so low, there was a lot of jumping in and out of the canoes to drag our canoes over rock beds.

We arrived at Allagash Falls around noon. We thankfully snagged a

campsite right next to our friends from Allagash II! After bringing up gear, everyone got into their portage groups for the portage around Allagash Falls. After setting up camp, everyone changed into their bathing suits and hurried down to swim underneath the beautiful waterfall—the "scenic climax of the Allagash." We took our time and many photos, jumping and floating around in the current.

After a delicious dinner of rice and curry, our campsite neighbors Boy Scout Troop 72 from Connecticut invited both us and Gash II to a friendly campfire. Fearlessly, Sophia and Rachel got up in front of everyone, and taught the group the classic Wavus song "Princess Pat."

After a long but awesome day, Allagash III headed to bed late pumped up for our rest day tomorrow. Hard work pays off in the end!

### **August 4th**

Today was our rest day at Gash Falls! It was very much earned. Although it was raining, it was a nice day to sleep in and cozy up in our warm sleeping bags with a book. Everyone made their way out of the tents between 8:00 and 10:00 a.m., getting lured out by a sweet breakfast of S&M pancakes fresh off the stove. Everyone spent the morning sleeping more, reading, and playing new card games.

A lunch of minestrone soup and toast warmed everyone up after the chilly and rainy morning. Luckily, in the early afternoon the sun started to peek through the clouds. Reading outside on the rocks next to the falls, Sophia and Mae finished their books! Soon later, there was a loud splash as Bailey jumped in, and the girls all were jumping off the rocks next to the waterfall to get in one last swim before

and cheese pizzas around 4:30 p.m., earlier than expected! He also brought Doritos and Coca Cola, which was awesome. We ate lots and headed to our tents quite early in somewhat of a food coma.

As the sun started to set, the night ended with a hilarious invasion of the counselor tent and some cabin star gazing. After eventually calming down, we all dozed off to Rachel's infamous soothing bedtime stories.

### **August 7th**

Last day of trip! Dave met us around 6:30 a.m. to depart for camp, so there was yet another early wake-up. We packed up quickly, loaded the canoe trailer, and there was a free-for-all breakfast to empty out the wannigan.

As we headed out of Pelletiers, the skies seemed to open up with the most spectacular thunder and lightning storm of the trip. Luckily, we got to watch it warm and dry inside the trusted Wavus van.

Dave obviously started his music off with the polka beat drop song, before switching to more chill early morning rain vibes. After a few rest stops and a yummy lunch at Panera, we rolled back into Wavus in mid-afternoon for our very first entrance!! Hasta La Vista, Mousies! Lily Tromanhauser, HBC

## **Long Voyage I**

July 21st

On the first day of Long Voyage we woke up early to move out of our cabin, then went to breakfast. We left camp at 9:45 a.m. and began the long drive to our put-in at Cowan Cove. We stopped at Indian Hill Supermarket near Monson, Maine, and the clear sunny day gave us beautiful views of Moosehead Lake, where we would soon be paddling.

We got to Cowan Cove at 2 p.m., unloaded our trailer and said goodbye to our driver, Terri. Then we had turkey and cheese sandwiches for lunch and spent the afternoon and early evening napping, chatting, playing cards, and pumping water before dinner.

After a dinner of chicken and veggie burgers, Claire treated the group to stories about her hometown of Rhinebeck, New York, and Emma shared some family history. We all set our alarms for 4 a.m. and went to bed for the night.

### **July 22nd**

On Day 2 of trip, we had a very early start, waking up at 4 a.m. and having bars as a snack. Then we left at 4:45 a.m. and paddled to Hardscrabble Point, arriving around 7 a.m. We were treated to a beautiful sunrise along the way.

Once getting to our campsite, we had our real breakfast of bagels, and a family camping nearby gave us some extra watermelon to share. We relaxed all afternoon, taking naps, reading, and hanging out in hammocks, and had turkey and cheese sandwiches for lunch.

Frannie and Megan explored the Mt. Kineo trail. We had pesto pasta for dinner and fell asleep around 9 p.m.

### **July 23rd**

We left Hardscrabble Point at 5 a.m. and paddled over to Big Duck Cove. We did a short and successful wind ferry, then hugged the east shore of Moosehead Lake up to our campsite. It was a beautiful morning.

When we got to Big Duck, we had English muffins for breakfast, napped till lunch (pepperoni and cheese wraps). Eliza taught Kayla and Kara how to make friendship bracelets.

We chatted all afternoon about different television shows, traded

adventure straps and had quesadillas for dinner.

#### **July 24th**

We left Big Duck Cove at 5 a.m. and had bars for breakfast. We paddled up the remainder of Moosehead to the Northeast Carry and began the two-mile portage. It took a total of 5 hours, with everyone working hard. Claire and Honor went back to get a second boat.

Once we reached our put-in on the West Branch of the Penobscot, we had sunbutter and jelly for lunch. We arrived at Thoreau Island around 4 p.m., and Justine and Kiki encouraged everyone to jump in the river and swim.

Afterwards, we all wound down, having spaghetti for dinner and finishing the day around a campfire.

#### **July 25th**

We left Thoreau Island around 7 a.m. and began to paddle up the remainder of the West Branch of the Penobscot. It was a mildly hot, sunny day. We got to the mouth of the Penobscot and the mouth of Chesuncook Lake and stopped to have lunch on pep and cheese.

As we continued, heavy winds made paddling more difficult than usual, but we persevered. We spent the night on Gero Island, pumped water, intending to get back on track in the morning. Izzy helped us pump water and we all went to sleep as we had an early morning wake-up.

#### **July 26th**

We had bars for breakfast, then began to paddled away from Gero Island toward Black Pond and Caucomgomoc Dam. We paused at Canvas Dam for a water and snack break, and to collect ourselves before continuing. It was a rainy, windy day.

We stopped for lunch just before Horseraces, having sunbutter and jelly for lunch. We continued on toward Horseraces Rapids, and dragged our boats up until we reached the portage trail around 3 p.m. We portaged all but 3 boats, and stopped for dinner, deciding to finish them in the morning.

We had ramen with potato pearls for dinner. Before we went to sleep, we all gathered on Caucomgomoc Dam to watch the sunset.

#### **July 27th**

We woke up early to portage the remaining boats, then had oatmeal for breakfast. Today was an easier day – we paddled up Ciss Stream. It was a hot day, and the stream was marshy.

We arrived at the Round Pond campsite at 10:30-11 a.m. We set up camp, had pepperoni and cheese for lunch, and spent the afternoon writing letters and preparing for resupply. We had gado-gado for dinner.

#### **July 28th**

We slept in until 10 a.m. and had bars for breakfast. Then we prepared personal and group gear for the resupply at 11:30 a.m. We had turkey and cheese sandwiches for lunch. Eliza shared her blondies sent from her mother, and Campbell and Frannie helped transfer the first three boats and some gear to Carry Trail.

We completed the resupply at 4 p.m. and finished our portage at 6:30 p.m. – it was a great improvement as far as time and endurance upon our previous portages.

We had burrito bowls for dinner and fell asleep around 8 p.m. after watching the beautiful sunset on Allagash Lake.

#### **July 29th**

We had breakfast sandwiches in the morning and left Carry Trail campsite



at 7:30 a.m. We paddled to Allagash Mountain and summited in two groups.

Afterwards we paddled across Allagash Lake to Allagash Stream, where we faced a little bit of wind. We had sunbutter and jelly lunch at the mouth of Allagash Stream and then headed down. The stream was rocky and bumpy, and we ended up having to drag boats for a bit, but we made it to the campsite about 4 p.m.

We did a mini-portage around the falls and then had mini-pizzas for dinner. Honor took on cooking the pizzas for everyone. After dinner, Frannie shared homemade blondies sent by her brother with the cabin.

### **July 30th**

This was one of our longer mileage days. We left Little Gash Falls at 7 a.m., paddled the rest of Allagash Stream, and proceeded to paddle the entirety of Chamberlain Lake. We spent the paddle sharing the plots of our favorite movies, books, and television shows, including a near complete rendition of *Les Misérables*.

We got to Boy Scout at 1 p.m. and had sunbutter and jelly for lunch. We napped all afternoon and had macaroni and cheese for dinner. Aveline and Honor recorded vlogs for the potential Long Voyage 1 entrance.

### **July 31st**

We left Boy Scout at 6 a.m. after having bagels for breakfast. We portaged the dam at the mouth of Webster Stream and then put back in. We picked up Greta from Wavus Tripping on the stream. One boat got pinned, and while it was successfully unpinned everybody had pep and cheese for lunch.

We split up as planned in Baxter and camped at Little Coffeelos and

Webster Outlet. The girls learned a lot about reading whitewater and how to space boats properly while going down a rapid.

### **August 1st**

We left Webster Outlet at 6 a.m. and paddled down to Webster Brook. We had Honey Nunches of Oats with soy milk for breakfast. Webster Brook went really well, with only 3 minor flips and spirits high. We had sunbutter and jelly for lunch and then did Grand Pitch portage. We overshot the Little East campsite by a little bit and had to portage personal gear on the Freezeout trail while leaving our boats at the Northwest Cove campsite on Grand Lake Matagamon.

### **August 2nd**

This was one of our earliest wake-up days. We woke up at 3:30 a.m. and had bars for breakfast. We began paddling Grand Lake Matagamon, which, as it was being drained, was oddly low and marshy. Along the way, Campbell, Aveline, and Annie offered opera and heavy metal versions of all their favorite songs.

We portaged boats and gear around the dam at the start of the East Branch of the Penobscot, then paddled the short way to the Matagamon campground. We all took naps, had pesto pasta for lunch, and gado-gado for dinner.

### **August 3rd**

This was our rest day at Matagamon. We got to sleep in until 7:30 a.m. and we had breakfast in the Matagamon restaurant – pancakes and hot cocoa. Then we had our group introduction to fly-fishing.

We got resupplied just before lunch, and then split up into smaller groups to go fly fishing in various places. We had lots of downtime, and then we had steak for dinner at Matagamon.

The girls played basketball and had hammock time before heading to bed.

#### **August 4th**

Today was set to be one of our tougher days of trip, but after being on trip for so long the girls powered through. It was a rainy day, and we left Matagamon about 7a.m. and paddled down the East Branch of the Penobscot to Grand Pitch. Kiki and Izzy positioned themselves at difficult points in the portage, and were really helpful in guiding their cabinmates and their boats.

We had three short portages, the final one taking us to Grand Pitch campsite. We slept all afternoon and had chicken burgers for dinner.

#### **August 5th**

It rained the day before, and so the morning was damp. We woke up at 5:30 a.m., set up the Katadyn bags for water and had Cheerios and Honey Bunches of Oats for breakfast.

We paddled for only a few minutes until we reached the Hulling Machine portage, the final portage of trip. Then we paddled the remainder of the East Branch of the Penobscot. It was a super hot day, with the sun pounding down on us.

We did the 17 miles in just under 7 hours and then had turkey and cheese sandwiches for lunch. We had hammock time – Kayla, Eliza, and Maegan played catch with a rolled-up pair of socks, and Maegan and Frannie helped cook burritos for dinner. We all went to bed at 8 p.m.

#### **August 6th**

We woke up at about 5 a.m. and had bagels. We left Lunksoos at about 6:20 a.m. and paddled the 21 miles down to Pine Grove. It was super hot and sunny all day. We made it to Pine Grove at 12:30 p.m. and waited for our 3 p.m.

transfer to New England Outdoor Center.

We set up camp and had ramen stir-fry for dinner. Kirstie came to visit with potato chips and Gatorade. We all went to the lounge at NEOC and played volleyball. Then we had a campfire with the Kieve cabin we would be rafting with the next day, and went to sleep for the last night of trip.

#### **August 7th**

We woke up at 5 a.m. and had M&M pancakes for breakfast. Then we headed to NEOC to get signed up and outfitted for our day of rafting. It was a sunny day, with a really brief thunderstorm on the river.

When we got to the natural waterslide, Annie and Emma went down twice. We had raft lunch, finished the river, and after everyone changed into dry clothes, we began our drive back to Wavus.

We had Chick-Fil-A for dinner and stopped at J-scoop before finally returning to Wavus.

Aisha Rickford, HBC

## **Long Voyage II**

#### **July 22nd**

Today we woke up at Wavus. We got on the road to Cowan Cove; upon arrival, we set up camp next to beautiful Moosehead Lake and ate a lunch of cold cuts. In the afternoon, we played learned to play Frisbee (and discovered Lily's talents for the sport). Olive kept us all entertained with funny stories about school. After dinner of bacon cheeseburgers, we had our own "council fire" (to mark the first day of trip) and then went to bed early, excited for our first day of paddling.

#### **July 23rd**

Our first full day of trip! We left Cowan's Cove in the rain at 6:00 a.m.

Ainsley, our Leader of the Day (LOD), had the maps to guide us on our way. The weather got better as we paddled, and we had some great views of Mt. Kineo. Once we got to Hardscrabble Point we set up our gear to dry and had a breakfast of egg, bacon, and cheese sandwiches.

We then spent the rest of the morning/afternoon lounging (Poggi taught us a lot about the digestive systems of dinosaurs). After a dinner of fajita bowls, we had s'mores around an awesome fire, had "flag," sang the Wavus song, and announced tomorrow's OD/LOD/Theme – Dirt Day!

### **July 24th**

We woke up to beautiful weather today. After an early wake-up, we got on the water, with our LOD Bilena directing the way. We had some headwinds on Big Duck Cove but made it to our campsite in good time.

Before we had a nap, we ate breakfast sandwiches. Everyone thought they were great. Next, we relaxed, and Lulu entertained us with funny voices and impersonations. In the afternoon, we took more naps. Soon it was time for dinner and bed.

### **July 25th**

Breakfast was early this morning, because of our long day ahead. Everything was in our boats and packed up by 4 a.m. Navigating at first by starlight, we reached the takeout for the Northeast Carry by 7 a.m. Despite some ominous weather our spirits were high.

Soon we were on the trail. After gear we did boats, with Jess soloing the entire way. Tracy and Maeve, along with the rest of the cabin, stepped up to the challenge at hand.

When we finished (around noon),

we ate peanut butter and Nutella sandwiches and got on the river! Upon arrival at Thoreau's Island, we relaxed until a dinner of quesadillas before an early bed.

### **July 26th**

This morning we slept a little later, getting on the water by 7 a.m. after a hot breakfast of oatmeal. The day was wet, but our LOD Buzzy helped keep our spirits up.

We had lunch of hummus-cheese pitas on the river, and arrived at Canvas Dam by 2 p.m., where we dried out. Bilena helped cook our grilled cheeses before we had "flag" and went to bed.

### **July 27th**

What a day! Starting at Canvas Dam, we paddled for a couple of hours until we reached the Horserace Rapids, where we began to drag our boats up the river. Maeve, our LOD, did an incredible job of leading a chain of boats.

When we got to the end of the rapids, we portaged our gear to the campsite at Caucomgomoc Dam, but couldn't do our boats due to a thunderstorm. In a couple of hours, the weather cleared, so we portaged our boats.

Then we had delicious pizzas for dinner, before having a photoshoot directed by Buzzy during the most incredible sunset. Finally, we went to bed, exhausted but happy.

### **July 28th**

After our long day yesterday, we slept in this morning. Our paddle to Round Pound was quick, and when we got there, we had S+M pancakes made by Poggi and Margaux, and ran into LVI.

In the afternoon we hung out, swam (and bathed!), and wrote letters to send out on our resupply tomorrow. In the



evening, Ainsley helped make Pad Thai, before we relaxed next to a fire Jess built. What a nice day!

### **July 29th**

Resupply #1! Like yesterday, we slept in today. Greta arrived mid-morning to resupply us. Excluding some early morning showers, the day was sunny. After our new food, we had lunch, where Lily tried (and discovered she loved) hummus!

We then completed the portage super quickly and got to our beautiful campsite on Allagash Lake. Tracy helped the pump crew rehydrate us, we had chicken patties (with Siracha ketchup) for dinner and a candy party for dessert. Because of the clear skies, we decided to sleep on the tarp outside, and did a round of Rose Bud Thorn for the entire trip before singing our song and going to bed.

### **July 30th**

Waking up on the beach (Olive saw a shooting star!), this morning we got up to climb Allagash Mountain. The view from the top was stunning, and particularly rewarding because we could see all of what we've paddled.

After our hike, we paddled across Allagash Lake to the Outlet campsite, where Buzzy helped make breakfast sandwiches.

The water levels on Allagash Stream didn't quite float our boat, but we made it to Little Gash Falls without incident. There we relaxed, swam under the falls, and ate fajitas before going to bed.

### **July 31st**

Today we experienced our first whitewater. We got up quite early and finished Allagash Stream in time to eat breakfast (PBJ and Nutella sandwiches on the side of Chamberlain Lake). We continued, finishing Chamberlain in less than six hours.

Once we got to the Thoroughfare campsite we ate a late hot brunch, during which Bilena entertained us with funny voices. In the afternoon, we relaxed and napped. After personal pizzas, our LOD Lily led a super cool debrief about what makes Wavus meaningful to us.

### **August 1st**

One day before Webster! We slept in a bit today before getting on the way. After a few hours of lake paddling, we reached Telos Dam, where Lulu, our LOD, soloed a portage! We paddled Webster Stream and Webster Lake before reaching Webster Outlet, where we had hummus-cheese pitas.

Maeve transformed the cabin into a choir of which she was the conductor. We had rest hour, then started on dinner (pesto with pep). After dinner, Poggi serenaded us before bed.

### **August 2nd**

Webster! This morning we got an early start in beautiful weather after a breakfast of bagels. We paddled well, flipping 6 boats over the course of the day, but quickly recovering each time. Fueled by Snickers and Milky Ways, we rapidly portaged Grand Pitch and paddled the short distance to Little East, our campsite.

There we ate lunch before swimming at the lovely beach (Ainsley discovered a natural slip and slide). After dinner we had s'mores pie, watched the sunset, and went to bed.

### **August 3rd**

This morning we woke up on the later side after our long day. We ate Honey Bunches of Oats for breakfast and got on the lake, our last lake of trip. A few hours later we reached Matagammon Dam, which we portaged around VERY quickly. The portage over, we arrived at Matagammon Campgrounds.

There we relaxed, "tubbed," played with our inner tube, and Buzzy organized a group which had a relaxing paddle down the river. After a dinner of chili and a dance party to "Home," our LOD Tracy led a reflective exercise before we went to bed.

#### **August 4th**

Our rest day! The weather this morning wasn't great, but the delicious Matagammon breakfast kept our spirits up. In the morning, the guides from Matagammon taught us to fly fish (Olive was particularly good at the knots).

After our resupply came and we ate lunch, the weather cleared up. We were split into groups to go out and put our newly acquired fly fishing skills to use.

In the evening, we went to the store and had the amazingness that is Matagammon supper (Poggi had some interesting ideas about Maggie the dog that she shared at dinner). Brownie sundaes marked the perfect end to a perfect day.

#### **August 5th**

Back on trip! Waking up at Matagammon, we had breakfast sandwiches in beautiful weather. We paddled (Bilena sterned!) and portaged (two-and-a-half times!), reaching our campsite at Grand Pitch in time for a lunch of cold cuts and candy.

After lunch, we had a "beach day" below Grand Pitch; we swam, sunned, read, and saw some cute dogs. We all modeled our Matagammon fashion (with Olive converting her shirt into a dress) as we ate pizza for dinner and Lorna Doones with hot cocoa for dessert. Finally, we went to bed, excited but sad for our last full day of paddling.

#### **August 6th**

We woke up at Grand Pitch, ate Honey Bunches of Oats, and finished

the Grand Pitch portage. A few minutes after putting in, we paddled to the Hulling Machine, which we portaged around (our last portage of trip!). Lily portaged two boats, and Tracy took more than her share of group gear.

The paddle to Big Seboeis went by quickly due to high water levels. There we ate peanut butter and jelly before making friends with some nice and knowledgeable rangers. In the evening, we ate mac and cheese, answered our group question, and went to bed.

#### **August 7th**

Our last paddling day! We woke up early and paddled to Lunksoos, where we ate oatmeal and got water from the spring there. We continued paddling towards Grindstone (Maeve rescued a runaway canoe during a water break). At Grindstone, we had lunch.

From there we ran the Grindstone Rapids without incident. As we finished running them, the weather quickly became horrible, forcing us to pull over until the storm passed.

In a little while we got back on the river, meeting Greta at the Grindstone take-out. From there we got groceries for dinner (tacos) and drove to NEOC. After dinner we had a fire, played volleyball (Ainsley led a team), ate scrambled brownies, enjoyed the view of Katahdin from the dock, and watched the stars- it was a great day!

#### **August 8th**

Rafting! This morning we slept in (7 a.m.!), took down camp, and ate pop tarts for breakfast. That done, we went to the NEOC lodge, where we were outfitted for the day with rafting gear. The weather was great, and we went out in high spirits. The rafting was amazing (Lulu and Buzzy spent a lot of time in the action-packed front seats of the boat), as was lunch.

On the way back to Wavus we had Five Guys for dinner, arriving at Wavus in time to do our "Canouber" entrance. We were excited to be back and proud to have completed our trip, but also sad our long voyage was over. Trails here we come!

Jess Richter, HBC

## **Maine Trails I**

### **Appalachian Trail**

#### **July 19th**

Today we woke up at Wavus ready for trip! We packed up the rest of the cabin, put on our hiking clothes, and went to breakfast. Afterwards we headed to the trip shed to divide up group gear and food and to load up the trailer. With all our supplies distributed, we packed our packs and were finally ready to leave for trip! We said goodbye to our friends and fellow campers and were off to Round Barn, our drop-off site for our Maine Trails trip. At the trailhead, we had lunch and said goodbye to our resupply driver, Greta.

We then headed down the Stafford Notch Trail to our first campsite. We hiked two miles, during which we experienced some of our first hills with packs on. It was quite the experience! We arrived at our campsite at 3:30 p.m. and found tent sites next to a scenic rock formation. We set up camp, relaxed in our hammocks, and snacked until dinner. Then we reviewed the maps for tomorrow's hike and went to bed, ready for well-deserved rest.

#### **July 20th**

##### **LOD: Anna**

Today was our first full day of backpacking! We woke up at 5 a.m., packed up camp, ate breakfast, and began hiking by 6:45 a.m. Once we swept the campsite, we were ready we began our 12-mile hike. We started by

hiking Little Bigelow Mountain. We took a packs-off break at the viewpoint, savoring our first mountain and view of the trip. We had some very pretty views of the surrounding Bigelow Mountain Range and Flagstaff Lake.

We continued until around noon before taking another break for lunch. In the afternoon, we hiked over Round Top Mountain and along West Carry Pond. We arrived at our campsite, West Carry Pond Lean-to at 5 p.m.

There, we had the chance to talk to some through hikers, which was very cool! We ate dinner of mac and cheese and headed to bed tired and ready for a good night's sleep.

#### **July 21st**

##### **LOD: Anne**

Today we woke up at 5 a.m. and had a breakfast of Honey Bunches of Oats and cow pow. We packed up our campsite quickly to begin our 11-mile hike. The day was really fun because the terrain was fairly flat and we spent the time telling lots of stories.

Once we reached our campsite, Pierce Pond, we set up camp and went for a swim in the beautiful pond. It felt really good on our sore muscles and feet. After some reading and hammock naps we enjoyed dinner of pizza. Yum! We went to bed early to prepare for our long day tomorrow.

#### **July 22nd**

##### **LOD: Caroline**

Today, we woke up at 5 a.m. and packed up quietly as there were some through hikers sleeping in the lean-to. We ate bars for breakfast and began our hike. The first three miles of the hike consisted of gradual downhill terrain with some river crossings.

At 8:40 a.m. we arrived at the Kennebec River, which we had to ferry in a canoe. We ate sunbutter

and jelly on pita while we waited for our turn to cross on the ferry. We arrived on the other side at 10:40 a.m. and were greeted by an adorable golden retriever puppy named Maggie. Maggie belonged to the man that runs the ferry. We played fetch with her before heading back onto the trail to hike six more miles to our campsite, called Pierce Pond.

Shortly after arriving at our campsite it began to thunderstorm. We took shelter in the lean-to and cooked dinner while we waited for the storm to pass. Then, we headed to bed with full bellies and thoughts of puppies in our heads.

**July 23rd**

**LOD: Lucy**

This morning we slept in until 5:30 a.m. in order to wait out the rain. After breakfast we hit the trail, beginning with 1.5 miles of steep uphill to summit of Pleasant Pond Mountain. The rain continued and we carefully hiked the remaining 7.5 miles to our campsite at Bald Mountain Brook.

At camp we changed into our dry camp clothes and relaxed until dinner. After dinner we made hot drinks to warm up, our first warm drinks on the trail! We headed to bed warm and ready to conquer the next day.

**July 24th**

**LOD: Sky**

Today was Moxie Bald Mountain Day. We ate a quick bars breakfast to hold us over until our second breakfast of pancakes at our next campsite, only four miles away. As we were hiking up though, the plan changed and we learned we'd have to drop off a member of our cabin who had gotten extremely bad blisters. This meant we now had to hike 14 miles instead of just 4. But it was okay because it meant

that tomorrow we could take a "zero" day, meaning we would not have to hike at all.

We were sad that we were losing a member of our cabin, so we decided to make the most of the hiking time we had together today. We hiked up and over Moxie Bald Mountain in a close pack. We chatted the entire way and played alphabet based games to pass the time. Eventually, we arrived at the road where we had to say goodbye to our cabinmate. We said our goodbyes and kept hiking on to our campsite.

Once there we set up camp, had dinner, and went to bed excited for the day that we would be one complete cabin again.

**July 25th**

**LOD: Anna**

Today was our "zero" day, an entire day of rest with no hiking. We slept in and caught up on some well-needed rest. The day was warm and sunny so we spent a lot of time outside in our hammocks reading, journaling, and writing letters.

In the afternoon, we learned how to use our special backpacking stoves, called Whisper Lights. We also learned some backcountry cooking skills. The counselors showed us how to make bread in the backcountry, which they baked on the stove as part of our pasta dinner. It was delicious. We went to bed excited for our resupply tomorrow.

**July 26th**

**LOD: Anne**

Today we woke up extra early to meet our resupply! It was a rainy and windy day but we quickly hiked 9 miles to Monson, motivated by thoughts of mail and clean clothes. When we arrived in Monson we met assistant tripping director Sky, who drove us to Northeast Whitewater. There, we put

on clean dry clothes, ate snacks, and read our mail. We finished unpacking in the yurt and said goodbye to Sky. Then, we got to shower, our first in over a week! This was by far the highlight of the day.

After an afternoon of relaxing we ate a warm dinner of steak, pasta, and rice, provided by the rafting center. After dinner we went on our moose safari. On the safari we saw one moose and two loons. We returned to the yurt where we would be spending the night, we even got to sleep in beds. It was very exciting and comfortable.

**July 27th**

**LOD: Caroline**

We woke up at the late hour of 8 a.m. well rested and comfortable in our yurt. At 8:50 we headed to breakfast to find yummy blueberry pancakes, sausage, and hash browns prepared for us. It was so nice to take a break from cooking and to have fresh food. Fully rested and fed, we headed back to the yurt to pack our backpacks with all our new gear and food.

We then drove back to the Appalachian Trail and were dropped off where we left off just the day before. It was also the start of the Hundred Mile Wilderness, the longest stretch of the AT which does not pass through any main roads or towns. We hiked three miles to our campsite, passing lots of mud and a few stream crossings. We were so excited to be on the 100 Mile Wilderness!

Eventually, we arrived at our campsite for the night located at Leeman Brook. There, we set up camp and talked to some section hikers before going to bed for the night.

**July 28th**

**LOD: Sky**

Today, we woke up and packed up

camp quickly so we could get started on our 8-mile hike. The terrain was fairly flat with some bumps along the way. We passed several streams and rivers. We also hiked past Wilson Falls, the largest waterfall on the entire AT! The river crossings were difficult, but we got through them together.

When we arrived at our campsite, called Wilson Valley, the sun finally appeared, and we were able to dry out many of our belongings. We set up our tents without the rain flies to help dry out some of our gear. We went to bed happy and ready for what the next day would hold.

**July 29th**

**LOD: Anna**

Today, we woke up ready to hike Barren Sides. We knew the terrain for the day would be steep, but we were excited for the views that it would provide. A few minutes into the hike we were surprised to find a pond in the middle of the trail! Some beavers had built a dam, creating a new unexpected body of water. We followed a detour marked by orange flags to get around the beaver dam and back on the trail.

Then, our hike uphill began. We hiked four steep miles, gaining about 2,000 feet in elevation. About halfway through we stopped at Barren Slide, a large rock slide with views to many surrounding mountains and lakes. We stopped there to rest our legs, take photos, and enjoy the view.

Then we pushed on to summit of Barren Mountain and arrived at our campsite for the night on Cloud Pond. Cloud Pond was beautiful and sunny, we set our tents up by the water, put up a few clothes lines to dry our things, and even washed up in the water. We went to bed listening to the sound of water lapping against the shore.



### **July 30th**

**LOD: Anne**

Today was three peaks day. We woke up to the sun over Cloud Pond. We packed up camp quickly and enjoyed breakfast before heading out on the trail. We made it up the first peak, called Fourth Mountain, by 8 a.m. and took a long packs-off break to enjoy the view.

After climbing down the peak we headed back up again to summit third mountain and then Columbus Mountain. Columbus Mountain was beautiful, and we spend a lot of time snacking, chatting, and taking photos.

We pushed on and arrived at our campsite, Chairback Gap Lean-to, by lunchtime. We spend the afternoon relaxing in the sun before heading to bed for the night.

### **July 31st**

**LOD: Caroline**

We woke up later today, at 5:30 a.m. Our hike began with a short climb up Chairback Mountain and then continued with 6 miles of gradual downhill to a large gravel road. When we got to the road we were shocked to see Anne's dad waiting with snack, ice cream, fresh water, and Gatorade. He completely surprised all of us, including Anne. We chowed down on the snacks and shared with the through hikers that were passing by.

Just when we thought our day couldn't get any better, Dave pulled up with Big Red and lucky for her to come back on the trail! Finally, after the excitement died down, we headed out for the remaining 5.5 miles to our campsite.

We arrived at our campsite, Carl A. Newhall, at 3 p.m. We spent the rest of the day relaxing and catching up happy to be a whole cabin again!

### **August 1st**

**LOD: Lucy**

This morning we woke up at 5:10 a.m. for our big four peaks day. We started hiking at 7 a.m. Our first peak was Gulf Hagas Mountain which had a wooded summit. We took a quick water break at the top and continued on. The next peaks were West Mountain and Hay Mountain. The terrain on each of them was very steep. We took nice packs off breaks on each, snacking along the way.

Finally, we pushed on with thoughts of the final peak, White Cap Mountain, in our minds. We ate lunch at the summit of White Cap and had our first views of Katahdin! We shared the summit with several North Bound through hikers, which was exciting.

After a long break we started back downhill towards our campsite. The steep terrain was hard on our knees and feet so we took it slow and stopped for blister care as needed. Eventually, we arrived at camp feeling proud of what we had accomplished that day.

### **August 2nd**

**LOD: Sky**

Today we woke up excited for a shorter and easier day of hiking. We hit the trail and chatted along the way, enjoying the flat terrain. We flew past the East Branch of the Pleasant River and Crawford Pond. We sang songs from Hamilton along the way to pass the time.

We arrived at our campsite, Cooper Brook, in record time by 10:30 a.m. It was very pretty and had a beautiful swimming hole at the bottom of a waterfall. We set up our tents by the water and spent the day swimming, resting, writing letters, and reading. All and all, it was a great day!

### **August 3rd**

#### **LOD: Anna**

Today was our second resupply. We packed up camp and hiked three miles to Jo-Mary Road, where we met Lauren to pick up our new food, gear, and clothing. We got to eat some fresh food and read mail. It was so nice to hear from everyone at home and at Wavus!

After resupply we solo hiked to the next road, hiking about 10 minutes apart with a counselor at each end of the pack. This gave us the chance to collect our thoughts, reflect on our trip, and experience the quiet nature of the trail.

After our solo hikes, we hiked together to our campsite, called Antlers. We arrived midafternoon, set up camp, and pumped water before it began to rain. We turned in for the night, excited to begin our last leg of our trip.

### **August 4th**

#### **LOD: Anne**

Today, we woke up to pouring rain. With two low mile days ahead of us we decided to take a zero day and make up the miles tomorrow. We slept in and had a breakfast of bagels, cream cheese, and fresh berries from our resupply. We spent the day reading, napping, writing letters, and exploring the beautiful Antlers campsite. The campsite had a beautiful lake, flat tent sites, and a double privy!

After a day of relaxing we made a special dinner, which included baking bread again from scratch on the Whisper Light. We went to sleep early to prepare for our 14-mile hike tomorrow.

### **August 5th**

#### **LOD: Caroline**

Today we woke up briskly at 5 a.m. in order to prepare for the upcoming long

day. Although sad to leave Antlers, we packed up quickly and hit the trail. Throughout the day we hiked 14 miles and crossed 7 streams. We stopped at several streams to soak our feet, snack, and enjoy the water.

We arrived at Wadleigh, the site of our lean-to for the night, at 3:30 p.m. There we hung out on the beautiful sand beach on the nearby Nahmakanta Lake. We saw Camp Chewonki there and had the chance to cook and watch the sunset together on the beach.

As we get closer to the end of the trip, we tried to cherish little moments, like beautiful sunsets, more and more. Tired from our long day, we headed into our tents at around 8:15 p.m. and passed out for the night.

### **August 6th**

#### **LOD: Lucy**

We woke up early this morning to prepare for another long day of hiking. We began our 12-mile hike with Nesuntebunt Mountain. At the top, we met some other camps and section hikers. We had views of Katahdin which, according to the map, was only 16 air miles away and 35 miles away via the Appalachian Trail!

On the way down the mountain the counselors stopped to help an injured through hiker. While the counselors were assisting the through hiker, we had the chance to chat with the Tanglewood Camp that we had been leapfrogging with on the trail.

Then we bid adieu and hiked four more miles before reaching Pollywog Stream where we ate lunch. After lunch, we continued on six more miles. Around 4 p.m. we finally reached Rainbow Spring campsite where we would be spending the night. We set up our tents and a tarp in anticipation of an impending storm, which we

heard in the distance. To end the night, we pumped water to fill our Nalgene while watching the sunset over beautiful Rainbow Lake.

### **August 7th**

#### **LOD: Sky**

Today we woke up and had bars for breakfast to get an early start. We began our hike with Rainbow Ledges, which had a really pretty view! We could see Katahdin getting closer! We kept walking until we got to the Hurd Brook lean-to. Excited to reach the end of the 100 Mile Wilderness, we decided to push on four extra miles so that we could camp on the Golden Road.

On the way we had a fun river crossing and saw some interesting rocks! Finally, we got to the end of the 100 Mile Wilderness! We walked to the Golden Road where we met some thru hikers, saw Katahdin once again, and ate cold watermelon to celebrate our journey. We also had ice cream at the Abol Bridge Store.

After eating our treats, we continued along the road until we arrived at the Abol Pines Campsite, located on the West Branch of the Penobscot River. At this campsite we got to stay in our own lean-to and had a picnic table! Content, we watched the sunset over the river from our sleeping bags.

### **August 8th**

#### **LOD: Anna**

Today was our last day backpacking, we hiked 10 miles total in Baxter State Park. After eating breakfast at the luxurious Abol Pines picnic table, we quickly packed up camp so that we could begin hiking. The campers got to call the shots today while the counselors hiked in the back. We navigated and kept track of our location using the map. We also timed our hike to determine our pace and the

best times to take breaks.

We saw two really cool waterfalls Big and little Niagara Falls. We took long packs off breaks at each waterfall so that we could savor our last full day on trail and take in the beautiful sights of Baxter State Park. We hiked slowly as we did not want our last day of backpacking to end!

We arrived at Katahdin Stream Campground around 2 p.m. We checked in at the ranger station and received our AT Hiker Permit Cards that we needed to hike Katahdin tomorrow.

Once we set up camp, we napped, read, and hung out until Sarah arrived. She brought us pizza, Gatorade, and fresh fruit which we quickly devoured. Then we went to bed to prepare for an early wake-up the next day.

### **August 9th**

#### **Katahdin Day!**

Today we woke up early, around 2:30 a.m., excited to hike Katahdin. Although it was raining, spirits were high and our attitudes positive. We hiked with our headlamps in the dark for a few hours chatting and sharing stories as the sun slowly came up. The rain continued until we reached tree line, then we had a short break of dry weather.

We slowly climbed over the first bouldering section, providing helping hands to each other along the way. Between the two-bouldering sections, a bad storm rolled in with high winds. Sadly, due the poor weather we had to make the decision to turn around as it was no longer safe to continue to the summit. We took a photo in the rain with the Wavus flag and hiked down to tree line.

As we got to tree line, a miracle happened, the clouds cleared and blue

skies appeared. We talked as a cabin and decided to push for the summit again. We set a turn-around time and agreed to hike down again if the weather became bad.

At 10:15 a.m. we reached the summit of Katahdin! We celebrated with a snack and lots of photos at the top. With thoughts of arriving back at Wavus in our mind, we headed down the mountain. We arrived at the base around 3:00 p.m., loaded into the van and were off to camp! We took a stop along the way to get lunch.

Once at Wavus, we completed our entrance. We painted ourselves green and wore sparkly antennas. We ran off the bus to pretend there was an alien invasion at camp. We were so excited to see our friends and fellow campers. Not showered and still painted green, we loaded back onto the bus to fireworks at Kieve. It was a remarkable day and we were so happy to say that we accomplished our Maine Trails trip.

Andrea Silvestri, HBC

## **Maine Trails II**

### **Appalachian Trail**

#### **July 19th**

After our last meal at Wav until Jewelians, Maine Trails II packed their backpacks and were cheered out of camp. Everyone was excited for them to embark on their journey. We listened to music in the van as we made our way to where we would start our hike.

As we adjusted to the weight of our packs on the trail, we listened to stories and kept a steady pace. We arrived at our campsite after an hour and fifteen minute hike. We were so proud because we were expecting the first day to take at least two hours. Our campsite at Cooper Brook had a lean-to where

we met some through hikers. Sophie read some entries from the log book. We have yet to decide on trail names, but we loved the ones we read in the log book. We left an entry for Maine Trails I to read.

Lindsay and Martha made us a hot dinner of chickie pat-pats that we all eagerly ate. After dinner, Libby and Sophie pumped water from the waterfall and Bry and Sarah cleaned the pot. Today was amazing and we can't wait to see what the trail has in store for us next! Happy trails!

#### **July 20th**

Today was our second day of the trip. We woke up and devoured our delicious bacon, egg and cheeses on English muffins. After that, we set off towards Antlers, which was 8 miles away. On the way, we passed through hikers and a dog! We also crossed a few streams. For one of them we even had to use an overhead rope! On the last stretch of the hike, we began to be able to see the lake, which was gorgeous and right next to our campsite.

Once we arrived, we relaxed by the water, had pep and cheese for lunch (YUM!) and took a much needed bath in the lake. For the rest of the afternoon, we spent time talking about our favorite TV shows and telling stories from our lives back home. We ate a yummy dinner of chicken and cheese quesadillas, and then watched the sunset all together.

#### **July 21st**

Today we woke up at 5:30 and pumped water while we ate bagels and cream cheese to prepare us for our 13-mile hike. We headed up our first ridge, our "practice mountain" if you will. After that there was a long stretch of trail without any markers on the map to let us know where we

were, so Lindsay told us the plot of the Handmaid's tale to pass the time. Caroline stumbled on a tree root and got her trail name, "Timber."

Soon we stopped for a quick lunch, and eventually we came to a sandy beach with a lake view, where we met an old couple who knew the area and told us about it. After enjoying some Milky Ways on the beach to recharge, we pushed through the last 2.5 miles to our campsite at Wadleigh Stream. Here we rested, washed up, and ate pizza dinners before lying down for some well-deserved sleep.

### **July 22nd**

Today we woke up, had a quick breakfast of bars and set out on our 11-mile hike. After a couple miles we encountered our first challenge of the day, Nesuntabunt Mountain. After climbing what felt like a million stone steps, we reached the top where we got a great view of Katahdin. Everyone felt so accomplished in summiting our first mountain of the trip. After snapping a few pics, we headed down the mountain and continued onwards.

Today, Lindsay continued telling us the plot of the Handmaid's Tale, moving on to season 2. To help pass the time, we discussed celebrity gossip, the Kardashians and other books and movies. We stopped at Rainbow Spring Lean-To, where we stopped and had lunch and met a mouse. After our pita sandwiches, we set out to finish the last four miles of our hike.

Upon reaching the campsite we immediately set up and climbed into our tents to avoid the impending rain. We hung out in the tents for a while until the rain cleared up, allowing us to eat a delicious dinner of Ramen. We befriended several interesting hikers. Eventually we bombproofed the

campsite and headed to bed.

### **July 23rd**

This morning we woke up to a slight sprinkle, but after breakfast of Builder bars, we started our 7-mile hike to our campsite to Hurd Brook. On the way we climbed Rainbow Ledges, where we had a fun break at the top with a nice breeze, some blueberries, and some flat rocky terrain.

The rest of the day was relatively downhill, and we met a group with a woman about to finish a section hike.

We arrived at the campsite a little before lunch and had Sarah skip around the lean-to in honor of her 16th birthday. We had a celebratory meal of pep and cheese and pretzels M&Ms, followed by a cabin nap time.

Later in the afternoon we went into the lean-to, so we could draw in our journals and read the logbook. There we met some through hikers, some of whom were about to finish and some who had just begun. They gave us some tips and tricks for the trail.

For dinner we had pesto pasta and a spoonful of Nutella before pumping water and packing up camp for a good night's sleep before the longest day on the trail.

### **July 24th**

On our way to our first resupply, we hiked 14 miles. We passed the Abol Bridge store after leaving the 100-mile wilderness. At the store we ate cookies and chips and had the chance to use a real bathroom! Martha made friends with the cat that we found.

As we continued our hike, Libby told us some movies. We heard Juno, Heathers, and The Way Way Back. Caroline told us 10 Things I Hate About You, and Sophie gave the summary of the book the Little Fires Everywhere.

After a long day of hiking, we ended

up at Katahdin Stream campsite. We rested our feet in the cold water while we waited for a resupply. At our resupply, Zoe joined our cabin! We caught up over pizza and mail, excited for Katahdin the next day.

### **July 25th**

This morning we woke up at 2 AM, grabbed our daypacks that we had packed the night before, and started on Katahdin at 3 AM. After a quick breakfast of bars, we hiked by the light of our headlamps until the sun came out around five. Our hike up was difficult at times but the time passed quickly and everyone was in good spirits.

We summited at 7 AM to everyone's immense delight and spent a couple minutes at the top taking pictures, eating Milky Way bars and celebrating. The wind was howling, so after a short time we turned to escape the cold wind.

On our way down, we saw many people - some through hikers, some section hikers and day hikers, many of whom were finishing their trek, and all of whom were impressed with how early we had gotten up.

We hiked back down Hunt Trail (the same trail we went up) and carefully picked our way down the precarious boulder field until we reach the tree line. We finally got down at 11 - the first to summit and the first to the bottom of the trail that day.

After returning to our campsite, we started re-supplying food and clothes. Afterwards we ate a large meal of turkey and cheese sandwiches, grapes, cherries, chips, and cookies. We then drove four hours south to Round Barn for the start of our second leg.

### **July 26th**

Today we woke up during light rain

and packed up quickly because we knew it was supposed to shower all day and we wanted to hit the trail. After a quick breakfast of bagels and cream cheese, we climbed the 2-mile stretch to hop back on the AT, and then started up Little Bigelow Mountain.

Knowing we had summited Katahdin the day before really helped us mentally prepare for what would be one of the most challenging days of trip. It poured rain all the way up the mountain, but it kept us cool so we were grateful. After a few frustrating false summits, we finally reached the top! As the clouds begin to clear, we got a few glimpses of the surrounding peaks. The summit was really gratifying. Sarah was delighted to find wild blueberries growing along the trail.

After a long slippery descent, we arrived at our campsite and ate a well-deserved pep and cheese sandwich for lunch. Once we settled into our campsite, we soaked our sore feet in "the tubs," an icy stream near the lean-to. We then indulged in a hot dinner of quinoa and peppers, prepared by Lindsay, the master chef, and climbed into our sleeping bags for the night.

### **July 27th**

We woke up late to a nice breakfast of hot oatmeal with peanut butter and dried fruit. After a leisurely start to the day, we set out around eight with the sun shining, a welcome sight after yesterday's downpour.

We hiked 7 miles briskly and cheerfully and summited two small peaks and reached our campsite by noon. After setting up camp we had a quick lunch of bagels with peanut butter, honey, and Nutella, and brought some Dr. Bronner's down to the lake to shower and wash some clothes. Then we brought our sleeping pads, books,

and GORP into the lean-to to wait out the rain that was just starting. It grew to a huge thunderstorm and many of us took naps.

We woke up at 5:30 to two hikers who had come in from the rain and chatted with them while we ate dinner of pepperoni pizza.

#### **July 28th**

We woke up to a light drizzle and after a breakfast of Honey Bunches of Oats, we headed out for a 10-mile trek. The rain soon stopped, and we spent much of the flat terrain discussing our entrance back to Wavus.

When we arrived at the campsite, we had a lunch of pep and cheese and sat on a big rock overlooking the pond for much of the afternoon. Later we all climbed into one tent and napped until dinner. By the evening the campsite was heavily populated with through hikers and we learned about their adventures on the trail!

For dinner we had chicken noodle soup and grilled cheese and sat out on the rock and told stories from summers in the past. We turned in early as some rain rolled in.

#### **July 29th**

We woke up and ate a breakfast of hot oatmeal and dried fruit. We began our day with about a 4-mile hike to the Kennebec River. When we arrived, we were canoed across the river. On the other side Sarah became best friends with an adorable golden retriever puppy named Maggie.

When we continued hiking we passed a few roads. Upon arriving at our campsite, we ate peanut butter with Nutella or honey on pitas. We spent the day lying on a dock, swimming in Pleasant Pond, and talking. A woman we met on the dock gave us a bag of fresh blueberries that she picked on top

of Pleasant Pond Mountain.

For dinner, we had couscous with packet chicken and tiki masala. Today was special because we reached our halfway point of the trip and our 100-mile mark.

#### **July 30th**

Today we woke up at 5 and packed our packs, grabbed a bar for breakfast, then set off to Pleasant Pond Mountain. The incline was only one mile up and we quickly reached the summit where we had amazing views. We stayed at the top for a few minutes to take some photos with the mountains in the background.

The rest of the day we had a very talkative walk down the mountain to our next campsite. On the way, we took a quick break to change out of our hiking boots so we could cross our first major stream. Everyone got across without falling in! When we got to our campsite, we ate chicken and ranch on pitas and talked to a through hiker who gave us some good advice, saying "it's not about the miles, it's about the smiles."

For the remainder of the afternoon, we all rinsed off and swam in the stream, then all six of us squeezed into one tent and took a long nap. We woke up in time for a yummy dinner of pesto pasta, then we got ready for bed.

#### **July 31st**

To get an early start on our 4-mile day, we woke up at 4:30 and ate a quick breakfast of bars. We quickly scaled Moxie Bald and emerged onto big open rocks at the summit in about an hour and fifteen minutes. The incline was hard, but the view of miles and miles of lakes and mountains at the top made it all worth it. Everyone got in their sleeping bags and we spent an hour



relishing in our accomplishment and taking in the views.

We headed down, with a quick stop for wild blueberries, and made it to the campsite just shy of 9 a.m. We had hash browns with bacon bits for a brunch and relaxed in the lean-to until lunch.

For lunch we had peanut butter and honey and practiced our entrance back to Wav. We continued our relaxing afternoon by lying on our sleeping pads by the lake, reading and journaling.

For dinner, we had quinoa and tuna and veggies, and we played a cabin wide game of cards. After dinner, we sat by the lake and caught frogs before turning in for an early night.

### **August 1st**

Today we slept in until 6 a.m., which was very nice. After a quick breakfast of granola and powdered milk, we set out on our 9-mile hike. Today everyone was excited for some easy flat miles. To pass the time, we discussed baking and made up a story about a pig who went hiking and ran into a Kieve cabin.

When we crossed one of the rivers, we had to change into crocs and hold onto a rope to avoid falling into the water. We arrived at the campsite by 11:30 and immediately had a lunch of peanut butter and honey on pita. We then went to pump water but had a bit of difficulty finding the stream due to a misleading sign.

For the rest of the day we hung out in our tents, napping and talking about our excitement to shower tomorrow. We had a delicious dinner of mac and cheese and we fell asleep excited for our resupply tomorrow.

### **August 2nd**

We woke up early to be sure of a punctual arrival to our resupply with Sarah Kaplan. After a tedious 9-mile hike, peppered with chants of “yurt,

yurt, yurt” to psych ourselves up for the luxurious overnight at NEWW. We arrived at the resupply with plenty of time to spare.

Sarah drove us to NEWW where we set up in the yurts and indulged in showers. We ate a multi-course meal, complete with arugula and Gatorade. Then we relaxed in the yurt, reading mail. We ate a prepared meal of steak, chicken, and fried rice.

Then we set out on our moose safari. Bry and Libby enjoyed refreshing their canoeing skills from Long Voyage. We saw a moose! Back at NEWW, we surprised Abenaki and told stories from our respective trips. We then retired to our yurt and concluded the joyous day with a friendly game of Monopoly before bed.

### **August 3rd**

Today we got the luxury of sleeping in until 8:30 a.m.! After we got up, a wonderful meal of blueberry pancakes, hash browns, eggs, and sausage awaited us. We devoured the food, then set off to the trail again for a quick 3-mile hike.

Our day was pretty easy and we made it to our campsite in time for a lunch of turkey, cheese, and avocado sandwiches. For the rest of the afternoon, we flipped through the log book and played card games to occupy our time until dinner.

Dinner was stir-fry and we ate it while we sat around a campfire that some through hikers had made. It was a great start to our last leg of trip.

### **August 4th**

This morning we woke up to rain and ate bacon, egg, and cheese in the lean-to. We began our 7.5-mile hike. The rain turned most of the trail to mud, but we got to rinse our legs and feet during the river crossings. During one particularly

hard river crossing, Libby lost a croc! We tried to save it but we eventually had to watch it float downstream.

When we arrived at the Wilson Valley Lean-To, we ate pep and cheese and set up our tents. As it rained, we stayed in our tents to read, sketch, sleep, and journal. When we emerged from our tents, we ate chicken, peppers, and cheese quesadilla. Full of our warm dinner, and in an attempt to stay dry, we quickly went to our tents to talk and go to sleep.

### **August 5th**

We had a nice sleep-in this morning and woke to a hot breakfast of oatmeal. We started on the trail around 8:15 and hiked 4 miles to a large stream crossing. The water was high because of recent rain, but we managed to cross with no problems, save the loss of one of Caroline's water bottles.

We continued hiking up a steep hill following the river crossing and paused for lunch on the trail around 12:30. We quickly ate our PB and jelly sandwiches so we could hike the last 2 miles to the summit of Barren Mt. We were met with beautiful views and Milky Ways at the top.

We then finished our day with the last mile to the campsite where we immediately swam and took advantage of the sun by washing our clothes. After an afternoon of swimming and sunbathing, we had a dinner of pesto pasta (a cabin favorite) and relished some Rice Krispies while watching the sun set over Cloud Pond.

### **August 6th**

Today is affectionately referred to as "3 peak day" because we summited not one, not two, but three mountains. We arose promptly at 6 a.m. and scarfed down HBO before setting out on the steep incline. The first mountain was

(funnily) named Fourth Mountain and the summit was a sight for sore eyes. We looked out over the whole range, back at mountains we had completed and forward at the ones to come.

The second peak was equally breathtaking and after some bars, we set off for the last summit which to our surprise, never came! The day ended earlier than we thought, and we celebrated the early arrival with our last pep and cheese sandwiches of trip.

We read, snacked, and relaxed as the afternoon sun came down and concluded the day with hot bowls of ramen and smiles on our faces.

### **August 7th**

Today we woke up at 5 a.m. so we could get a quick start on our 10.5-mile day. After some granola and powdered milk, we got out on the trail. It wasn't long before we summited Chairback Mt. where we appreciated the amazing views. We couldn't stop for long though because we still had a lot more to do, so we began our descent of Chairback Ridge.

About halfway through the hike, we crossed Pleasant River which was much nicer than our previous river crossings. A little while later we reached Gulf Hagas, also known as the Grand Canyon of Maine. After a couple more miles, we reached our campsite.

After our second to last lunch of PB and J on pita, we relaxed and napped for the rest of the afternoon. We finished off the night with a delicious dinner of quinoa, beans, and cheese before heading to bed.

### **August 8th**

We woke up at 4:45 to get an early start on the highly anticipated 4-peak day. The cabin all agreed that the first peak was the most difficult. But we

were excited to discover that it only took us 33 minutes to reach the top! This first peak (Gulf Hagas Mt.) gave us a big confidence boost and we just a quick reached the second mountain (West Peak) just an hour later. The third peak was not as steep and we enjoyed seeing views of all the mountains we had just climbed.

Finally, we hiked White Cap, the second highest mountain of the trip, and we were ecstatic upon reaching the summit. The 4 peaks took us a little under 3.5 hours and we finished at 9 a.m., before most people were even awake! The feeling of accomplishment was incredible and we had a long packs off break at the top complete with PB by the spoonful, a photo shoot, and gorgeous views.

The moment was bittersweet as we were excited and proud to be so close to finishing, but also realizing how much we would miss the trail.

The rest of the day was downhill and we arrived to our campsite (after

a stop for wild blueberries) before lunch. We ate PB and J and talked about the highs and lows of trip. The rest of the afternoon we spent resting and awaiting our return to Wav the next morning! For dinner we had a celebratory meal of S and M pancakes and ended the night with a cabin-wide card game.

### **August 9th**

This morning we woke up to light rain as we packed up our tent for the last time. As we ate our Builder Bars, we were so excited for our last hike of Maine Trails. Our hike began with a short steep incline and flattened out for about a mile. We passed a pond and began climbing our final mountain of trip, Little Boardman Mt. The climb was hard but we cheered each other in until we reached the summit.

We hiked down to the road and were very emotional as it was where we started our trip. We were proud of what we had accomplished.

Lindsay Stewart, HBC



## **First Session Tripper**

Algonquin: Charlotte Guthrie  
Mohawk: Chloe McNichol  
Cheyenne: Teagan Farley  
Cherokee: Paige Clemmer  
Cayuga: Cristiana May  
Narragansett: Samantha Clare  
Omaha: Georgina Wolfson  
Ojibway: Tori Thorman  
Osage: Caroline Betty  
Abenaki: Lyla Guthrie  
Wawanock: Maeve Farley  
Penobscot: Caroline Lawrence  
Allagash I: Lily Wike  
Allagash II: Sarah Casey  
Allagash III: Alex Touliatos & Maeve Mullen  
Long Voyage I: Skye Charlesworth  
Long Voyage II: Delia Duggan  
Maine Trails I: Carly Tilson  
Maine Trails II: Dana Matthias & Charlotte Epker

## **Second Session Tripper**

Algonquin I: Kat Bensley  
Algonquin II: Nathalie Fenton  
Mohawk: Winnie Newman  
Cheyenne: Greta Biggins  
Cherokee: Cara Smith  
Cayuga: Betsy Burton  
Narragansett: Ellie Kiernan  
Omaha: Mila Mijailovic  
Ojibway: Hadley Fearey  
Osage: Marley Storer  
Abenaki: Alex Tan  
Wawanock: Julia Powell  
Penobscot: Ella Yellin  
Allagash I: Adelaide Dixon  
Allagash II: Sammy Stevenson  
Allagash III: Paige Zamsky  
Long Voyage I: Honor Paton  
Long Voyage II: Julia Buzacott  
Maine Trails I: Anne Seaman  
Maine Trails II: Libby Mensch

# Wavus Blanket and Paddle Tradition

## Paddle

Wavus campers, who have been campers for 5 years and have completed one of the longest trips, are gifted with a paddle embossed with the Wavus emblem at the closing Council Fire each session.

## Blanket

Wavus campers who have completed one of the longest trips are blanketed for their achievement at the closing Council Fire each session. The blankets are reminiscent of the type used by campers in the early years of the camp and are embossed with the Wavus emblem.

### First Session



**Long Voyage I - Paddles**  
Ellie LaCasse & Ava Moseley



**Long Voyage I - Blankets**  
Ellie LaCasse, Sky Charlesworth, Hannah Casey & Ava Moseley



### **Long Voyage II - Blankets**

Chiara Kremer, Norah Adler, Eloise Hartford, Gabi Tavalato, Delia Duggan, Caroline Sapir, Eve Elkins, Abby Slimmon, Cavan Duffy, Mabel McNamara



### **Long Voyage II - Blankets & Paddles**

Eloise Hartford, Delia Duggan, Chiara Kremer, Eve Elkins, Norah Adler, Mabel McNamara, Caroline Sapir, Abby Slimmon



**Maine Trails I - Paddles**  
Laurens Van Alen & Sammy Speegle



**Maine Trails II - Paddles & Blankets**  
Jessica Woodhams & Dana Matthias

## Second Session



### Long Voyage I - Blankets

Emma Hoffman, Annie Burton, Frannie Smith, Izzy Nielsen, Kiki Kavanaugh, Honor Paton, Claire Mensch, Maeghan Paul, Kayla Friedman, Campbell Musslewhite, Aveline Roderick, Justine Streichenberger & Kara Dominick



### Long Voyage I - Paddles & Blankets

Emma Hoffman, Annie Burton, Frannie Smith, Izzy Nielsen, Kiki Kavanaugh, Honor Paton, Claire Mensch, Kara Dominick, Kayla Friedman, Campbell Musslewhite & Aveline Roderick



### **Long Voyage II - Blankets**

Ainsley Steele, Olive Padgett, Lulu Schinella, Julia Poggi, Julia Buzacott, Maeve Sullivan, Bilena Dabalen, Tracy Rosenberg & Lily D'Oliveira



### **Long Voyage II - Paddles & Blankets**

Julia Buzacott, Lulu Schinella, Bilena Dabalen, Tracy Rosenberg, Olive Padgett, Maeve Sullivan & Ainsley Steele



**Maine Trails I - Blanket**  
Sky Cole



**Maine Trails I - Paddle**  
Caroline Mallory



**Maine Trails I Blanket & Paddle**  
Sky Cole and Caroline Mallory



**Maine Trails II - Paddle**  
Bry Williams



**Junior Wavus Session 1 ~ 2018**



**Junior Wavus Session 2 ~ 2018**



**Session 1 ~ 2018**



**Session 2 ~ 2018**